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ABSTRACT

This guide, designed to help people improve the quality of their leisure time, suggests alternative activities which may involve risk or change and may be used by individuals, families, teachers, and treatment personnel. The format is a collection of experiences that people have enjoyed and that make them feel relaxed, refreshed, and good about themselves. The topics include travel and adventure, exploration of one's own environment, sports, self-awareness, religion, family relationships, crafts, and hobbies. Resources and readings are suggested for more information and as a source of further ideas. (JAC)

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Take the Time, II

Compiled and edited by Richard A. Yoast with assistance of Chel Avery, Al Friedman, John Delaine, Susan Christenson, Cindy Scott, Lynn Tolcott and the numerous contributors within.

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Revised Edition, 1981

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Who This Book Is For

Anyone high school aged and older who wants to **improve the way his/her life is going**. It is especially designed to help improve the quality of your leisure time, which is so important in improving the quality of the rest of each day.

Take the Time is written with the belief that one of the major causes of personal problems is a lack of alternatives to the way things seem. Everyone has needs and desires that are not being met. It's easy to look no further and to think that things will always be the way they are now. Many people only have a few ways of responding to their dissatisfaction. They may grumble at members of their family because they are irritated, watch hours of TV to "tune out" a boring world, or they drink or eat more than they intend to as they try to relax.

"Alternatives" are *new* activities that you can discover to make your life more interesting if it seems routine, to add challenge or sparkle if you are bored, to help bring you close to others if you are lonely, or to let you feel you can accomplish something worthwhile if it's been a long time since you've done something you were really proud of.

This book was written by a lot of people who describe the alternatives that worked for them. Some of the alternatives included are primarily leisure time activities, while others involve careers and work life. Although many suggest doing something totally new and risky, there is also a wonderful feeling that comes from applying yourself to some creative task, sticking with it and finishing it — or doing it better each time.

Different people look for and need different kinds of rewards from their alternatives and everyone probably needs a variety.

Bear this in mind when looking through this book. Use it in the way that best suits you.

How To Use This Book

This is a book of sharing. In each section someone shares experiences or thoughts that have provided satisfaction, excitement or a change of pace in their life. We ask you to:

Browse.
Pick and choose.
Try something out — if it works, great! If not, try something else.
See what excites you. Explore. Look around you for other ideas and try them.

You don't have to read this book straight through — select only what you think may interest you.

Families

Go through this book together. Choose ideas which seem like fun for the whole family (everyone must have an equal voice here) and look into them. Some ideas may appeal to only one family member. Fine. See how the rest of you can help him or her to try it.

Teachers

You can use the activities in this book to stimulate your students' thinking about their use of leisure time. Select some sections and have students discuss their own experiences and identify local resources.

Students may also create their own sections or booklets. Have them interview families, friends, and community people and write down what the people around them enjoy doing. Encourage them to create local resource directories and to read some pieces on their chosen topics. Be sure to have each student try out at least one new activity.

Treatment Personnel
(Alcohol and other drug abuse, mental health, social work, occupational therapy)

This book is based on the premise that people who engage in self-destructive behaviors feel that they have no recourse to their current dilemmas. Frequently they do not have the information or skills to use alternatives to fill their psychological and emotional needs. We all feel bored or trapped at some point in our lives and may need assistance to break out of those states. This book can help you to explore, with your clients, alternative ways to express and meet their needs. It can help them seek new means to reinforce those aspects of their lives which will promote their long term health and which will make them feel good as human beings. It's an idea book to discuss and explore together.

What This Book Is Not

Take the Time is not a solution to all your problems nor a career planning manual. If you need help with severe depression, alcoholism, other drug dependency, family problems or career development, seek professional help. Local mental health associations and centers, alcohol and other drug abuse centers (look under Alcohol or Drug Abuse in your phone book), family and social services, and various adult education centers can offer you assistance and referral. Look in your phone book for assistance in your community or county.

About the *Readings* and *Resources* Listings

We have included in each section and some subsections suggestions for places to look for help (**Resources**) and some additional books to read (**Readings**). These are not complete lists and we apologize to anyone or for anything left out. The world is full of interesting people, places and books — we urge you to seek out those that suit you best.

Because of inflation and publishers' decisions, book availability and prices change frequently. New books on almost any topic are published every year while many good books become "out of print" and only available in libraries and in used book stores. Most bookstores and book departments in larger stores have availability and price information and will order books for you at little or no additional cost. All the books listed in this edition of *Take the Time* were in print at the time of writing.

Take Five

To get yourself in the right mood, read these two pages and give yourself five to ten minutes to let your mind wander. Jot down notes as you see fit.

We'd like to suggest that you take the time to discover more about yourself and the world around you. Think about the things you like to do, about how you express yourself and how you explore the world.

You have unique ways of expressing how you feel and how you cope with problems. How do you get the most out of life? What's the best way for you to seek, feel and express your joy in living? What do you do when you're lonely or sad? When you're angry, where does that anger go?

It's all right to feel angry, depressed or bored. The question is: how do you deal with those feelings? Do you take them out on someone or have a few drinks to unwind? Do you hold it inside or talk to an understanding friend?

What else could you do? Many of the things we talk about in this book can be your ways to let off steam or to feel better, simple things to help you creatively face daily life. Why wait for a crisis? The things that you could enjoy all the time are already everywhere around you.

We're suggesting that you try something new:

- ★ to meet people
- ★ for the fun of it
- ★ to get away from it all
- ★ to learn and grow
- ★ to test yourself
- ★ or for any reason you can think of.

When was the last time you did something new? What was it that challenged you? Perhaps it was learning something new like how to drive a car, or eating a new food, or enjoying a forgotten pleasure. Didn't it feel great?

What's nearby that you can explore or get involved in? New neighbors? A museum? A new shopping center? A community center or church? Have you thought of going to night school or taking correspondence classes? Do you know what it's like to take nature photographs or to walk in the woods? Do you know how it feels to transform a cold blob of clay into your creation? Do you know the joy of preparing a foreign meal? Of eating one? The list goes on and on . . . .

NOTES

If you have trouble getting motivated, try something easy or familiar, something that's cheap or doesn't take much time, something a friend knows of and enjoys, something nearby in your neighborhood or home.

We'd like to encourage you to think of things on your own and get out and do something new in the hope that you'll find some activities that will give you lasting satisfaction and pleasure. Even things you may not want to do again can be exciting and interesting the first (and only) time. Obviously, we haven't room to mention all the things you might like to do so we're going to describe a few that some of us enjoy.

Let your imagination loose.

NOTES

How Do I Know What I'm Looking For?

Many of us don't. This exercise is presented as a tool to help organize your thinking. The notes you make are for you — you don't have to show them to anyone.

A. Get some paper and something to write with. Then sit down and close your eyes and remember different times in your life when you felt *good*. Write these down so that you can refer to them later.

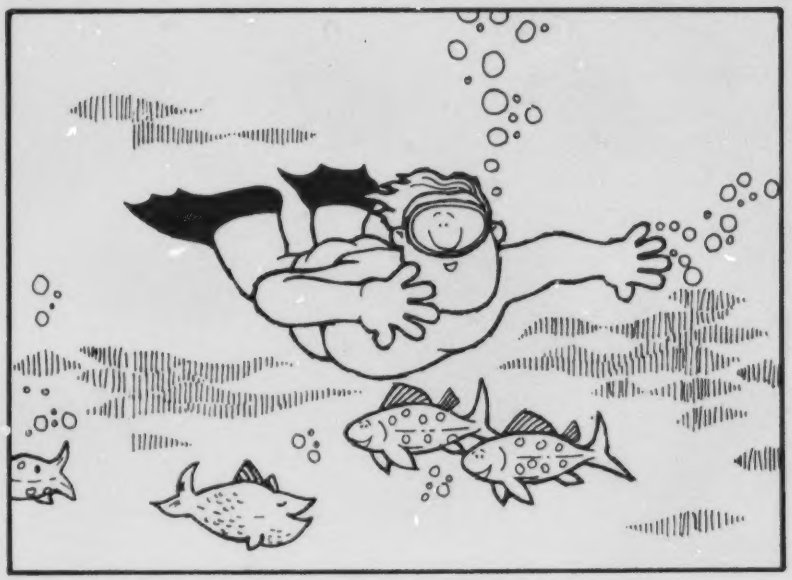
B. Now analyze those situations. What was special about each time? What was it that made you feel good? (i.e., being or doing it alone or with others, a sense of achievement or pride, the location, etc.)

C. Along the same lines, what's missing from your present life? (Is it a certain feeling? Which one? Are you missing variety or excitement or challenge? What kind? Are you feeling lonely, bored, frustrated, overworked, overstimulated, etc? What would you rather be feeling?) Make a list of all the different things that come to mind that might put the good feelings back in your life. If only obstacles come to mind, also list them so that you can think of ways to overcome them.

D. Next, go to the table of contents of this book and choose a chapter which seems as if it might offer some interesting ideas and directions. Be impulsive — go along with whatever hits you first. Leave the arguments about what won't work until later.

Turn to that chapter and take a brief look at it and mark it down for further exploration. (If that chapter doesn't work out for you, try another.)

E. Finally, pick an activity you *never* tried before (it can be from the chapter you just chose, or another or an idea in the back of your mind that has just been sitting there for awhile). Maybe there's a way of feeling good that you've never experienced before.



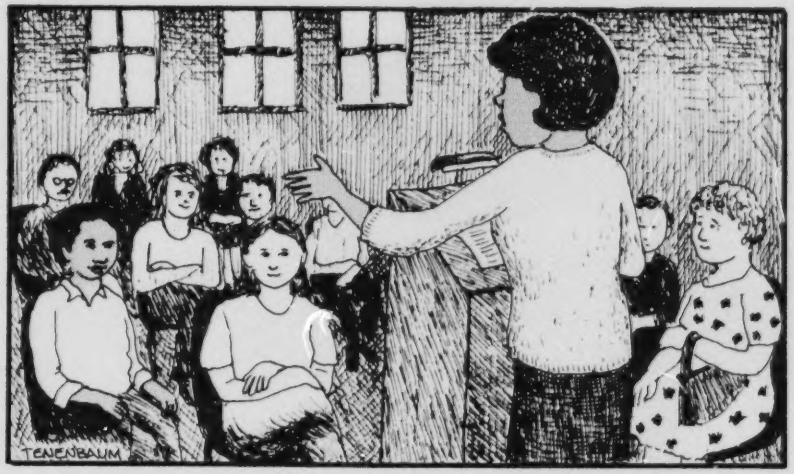
Risk Taking

Making your life more exciting, rewarding or interesting means taking risks. Some people get thrills only from life-threatening situations, but most of us get sweaty palms and jitters with risks of a much less dangerous nature — like saying hello to a stranger, speaking in public, drawing a picture, singing in front of others. . . .

But taking chances also means giving yourself opportunities to feel better, to learn something new about yourself or the world, to learn how exciting you or others can be.

Instead of focusing on how hard or scary a new activity is, concentrate on the benefits of trying it. If you don't truly think you'll be happier afterwards, don't bother with it. If you think that your level of contentment with life is just where you want it, again, don't bother.

But, if you're not content and you don't feel the way you want to about parts of your life, then you really have little to lose except, perhaps, some time. Trying something new doesn't commit you to it for life. And what you've learned from the experience will stay with you forever. Knowing something new is a reward that keeps on giving pleasure — and it's often the scary events that provide wonderful stories and memories later. Even comfortable old shoes need to be resoled once in a while.



Adventure, Escape and Mystery

Sometimes we lose our natural curiosity and childhood sense of wonder as we get older, enmeshed in busy daily schedules and stuck in ruts of doing the same things day after day. But traveling to a new place, seeing something familiar in a new way, or even thinking about something exciting can stir up those feelings again.

Marge—*A New Day*

"I remember when I used to wake up before anyone else and take my dog for a walk through the neighborhood. She would crawl out of her doghouse when the screen door slammed and we'd move out. Each footstep on the damp pavement was clear and distinct and vanished into silence. A calm rested over everything and it was easy to imagine I was the only person anywhere, though an occasional car would swish by in the still air. On returning, I'd carry the calm of the early morning walk with me through the day."

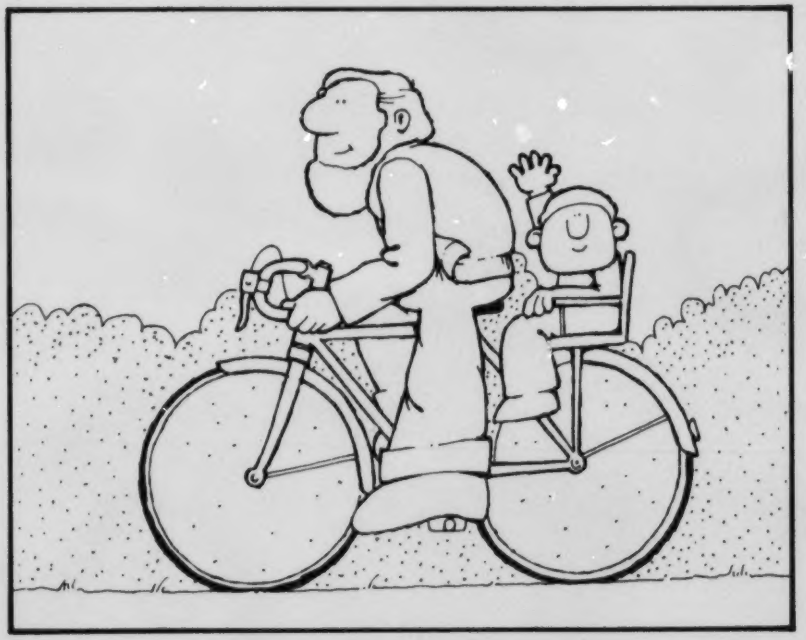
John S.—*Bicycle Escape*

"It's the warmest, freshest, springiest day yet this year and I've decided to go exploring on my bicycle. I collect the gear from closets and basement boxes: shoes, gloves and jersey, and clatter out to the garage where my faithful machine rests. I squeeze the tires — pressure's down — and wheel it to the street.

"Here's a break in traffic and I'm off. Swing the leg over, get the feet in the clips. What an odd and familiar sensation being in the saddle again after so many months. I coast down the hill in front of my house hoping that the light at the bottom will turn green before I get there. It has. I tuck, drop to a good mid-gear and pour it on. I leave a line of waiting cars behind and go flashing up the hill. Halfway up — downshift — top of the hill — shift-2-3-4-shift again-2-3-4 and I'm speeding down like a . . . like a vehicle.

"Country road east: tires filled until they ring when snapped with the back of my forefinger. They ride like a razor's edge, almost silent — no sloshing I-need-air sound. The ride is jarring. Little bumps the fork can't absorb jerk through my arms and seat. Swing through this curve, counting pedal strokes in my head to keep a pace.

"The world is very small when I'm out here alone — just one white line at a time and the wind blowing in my face. The rhythms of my body: lungs, heart and legs are translated through this simple machine into circular motion which rolls out onto the ground like some endless carpet taking me . . . there. Look around, fenceposts and wildflowers, farms and barking dogs, or street names and potholes you never say before. The familiar becomes the intimate when you ride with all your doors open to the experience."



Anything You Haven't Done Before

The sense of adventure, the desire to experience new places, people and ideas, increases as you become used to the fact that you are perfectly capable of success in whatever you choose to explore. Growing, by taking chances and trying new things, is fun. You don't have to expect to catch a five pound trout if you've only gone fly-casting once. But think of the excitement of cooking a meal you've never tried before and having it taste good. Or remember a time you took a chance and talked to a new person — who also took a chance and talked back. Sometimes new things don't work out, but trying them once beats years of "if only I had" or "if I'd done it when I was younger." It's all risky, but that's part of the fun and the reward. Keep on trying — you've made it this far.

Resources

- American Automobile Association (local or state office)
- State Department of Natural Resources, Parks and Tourism
- Local chambers of commerce and convention bureaus
- Outward Bound, 384 Field Point Rd., Greenwich, CT 06830, toll free phone number: 800/243-8520
- State Council of American Youth Hostels
- National Park Service, U.S. Dept. of the Interior, Washington, D.C. (regional offices in Boston, Philadelphia, Atlanta, Omaha, Denver, Santa Fe, San Francisco, Seattle, Anchorage)

Readings

Explorers Ltd. and A.T. Perrin (Ed.), *The Explorers Ltd. Source Book* (Harper and Row, paperback, $5.95)

Peter Matthiessen, *The Snow Leopard* (Bantam, paperback, $2.95)

National Geographic Magazine

J.O. Stevens, *Awareness; Exploring, Experimenting, Experiencing* (Real People Press: Box F, Moab, Utah 84532; paperback, $3.50)

Paul Theroux, *The Great Railway Bazaar. By Train Through Asia* (Ballantine Books, paperback, $2.50)

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Adventure at Home

Chel—*Mysterious Travels*

"The winds howl and scream, straining the branches of the trees in the dark hills of Scotland. I've sought refuge in a dry cave. As I explore its winding passages, I find a small room with walls of pure rock crystal. The light of my candle flashes crazily, reflecting off the hundreds of shining surfaces. I see my own eyes looking back at me from every direction. I can't tell what's real and what is illusion. I hear a soft note, then a vibrating chord. A harp stands untouched in the center of the room, but it gives off a wild, discordant sound, as if the instrument is alive and in pain. And suddenly I am no longer alone. The entrance is blocked by a towering man in a long black robe. His sharp eyes peer out from under a cone shaped hat. He has flowing white hair and a white beard. Merlin the Magician! I have trespassed into his cave. What will happen now? . . .

"I'm dying to know, but first I mark my place and close the book. I make myself a cup of tea and get a warm blanket to curl up in while I read. It's hard to believe that earlier today I was up to my neck in forms to fill out, meetings to attend, and an argument with my landlord. For the rest of this evening I'm taking a trip away from today's stresses and I'm going on an adventure in another world. I'll take the phone off the hook so I won't be disturbed. Now where was I? Oh yes, Merlin's Cave . . ."

Fantastic Escape Reading

Richard Adams, *Watership Down* — an epic novel about the journey of a band of rabbits (Avon, paperback, $2.50).

John Fowles, *The Magus* — a novel of mystery, puzzles, masquerades and games on a Greek island; (Bantam, paperback, $2.75).

Madeline L'Engle, *A Wrinkle in Time, A Wind in the Door,* and *A Swiftly Tilting Planet* — the science fiction adventures of Meg, Charles Wallace and Calvin involve space, time and intellectual travel (written for older children and teens but equally interesting to adults) (Dell, paperback, $1.75 each)

Mary Steward, *The Crystal Cave, The Hollow Hills* and *The Last Enchantment* — the King Arthur legend, told with some new twists from the viewpoint of Merlin the Enchanter (Fawcett, Crest, paperback, $2.25, $2.25, $2.95 respectively).

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J.R.R. Tolkien, *The Hobbit, The Fellowship of the Ring, The Two Towers, The Return of the King* — an intricate, epic adventure in Middle Earth, involving Elves, Dwarves, Black Riders, Hobbits and a host of other friendly and terrifying beings (Ballantine, paperback, $2.50 each).

Evangeline Walton, *Prince of Annwn, The Children of Llyr, The Song of Rhiannon* and *The Island of the Mighty* — a retelling of a classic Celt poem, covering an era of changing sex roles in the ancient British Isles where Druids, the King of the Underworld, and good and evil sorcerers and sorceresses battle for power (Ballantine, paperback, $1.75, $1.95, $1.95, $1.95 respectively).

P.S. Have you ever been in a cave? Check with your state's Division of Tourism to see which ones are open to the public.

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Travel

Ivy—*Cheap Ways*

"Larry and I had just hitchhiked across the country to Seattle and boarded the ferry to Juneau, Alaska. Along with all the other folks carrying backpacks and sleeping bags, we staked out our territory and pitched a tent on the top deck. It was carpeted, and clear plastic windows gave protection overhead and on the port and starboard sides. Heating lamps were suspended from the ceiling and we later found that they magically turned on at night or when it suddenly turned cold. We also quickly became acquainted with the loudspeaker. It would blurt out announcements every couple hours about the scenery passing by. This was our living space for three days.

"After exploring our surroundings, we struck up a conversation with some southern Californians who were going north of Juneau to work in the fish canneries. We also met a man going home to Anchorage who later helped us find a warm bed to sleep in when we reached Juneau in the wee hours of the morning. These new-found friends shared stories and food with us as the ferry slowly wove its way between snowcapped mountains. Occasionally we would pass a fishing village and receive recognition from waving hands along the shore. Or if you had the patience to watch the scenery float by, whales and eagles would make an occasional appearance. As we traveled farther north, the days became longer, making us lose our sense of time. Because we were relaxing and enjoying this adventure, knowing the correct time didn't really matter. What did matter was sharing the excitement of going to Alaska."

P.S. For those who prefer more organized and comfortable travel, escorted bus tours go all over North America at considerably lower rates than air or train travel. Check with local travel agencies.

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Taking Chances

Chel—*A Jumping Story*

"'Who me, jump out of an airplane at 3,000 feet? Not on your life!"

"I was crouched perilously close to the open door of a small plane. Below, the ground spread out remotely, like a topographical map. I couldn't even spot the field where I was expected to land! A cold, 70 m.p.h. wind was rushing into my face.

"Just a few minutes ago I had been confident and enthusiastic, offering excited encouragement to the other first-time jumpers with me. We had spent a long day training for this jump and I had been eager, **never** doubting for a moment that I wanted to do it.

"Then suddenly it was my turn and I was unexpectedly terrified. I had prepared myself for every kind of disaster — chute failure, power lines, or landing in a pond. But I hadn't planned on fear. I couldn't remember why I had ever wanted to do this . . . was there any good reason?

"'Close the door,' I told the Jump Master. The whole idea was preposterous! I was angry that he would expect me to do such an idiotic thing as venture out that door, all alone, into the sky.

"The next morning, waking up safe in my warm bed, I was disappointed. What an adventure I had passed up. I made up my mind to go back and do it, no matter how afraid I was. I wanted to show myself that I could do something that I was afraid of doing.

"Several weeks later I found myself in the same plane again, watching the first jumper drifting down under his chute.

"Then, too quickly, it was time for me to get ready for my turn. It had been easy so far, but suddenly my heart began pounding. The Jump Master was pointing out landmarks for me to orient myself from the air. The door opened, the wind hit my face, and I was on the edge of terror.

"'Get set,' came the command. There was a vacuum in the center of my body and it seemed like I was going to cave into it. But I'd promised myself to carry through, so I made up my mind to ignore those feelings.

"'GO!'

"Awkwardly I stumbled onto the small step and pulled myself out by the brace of the wing. Then I made myself step off.

"The next thing I knew, the plane was gone. **I've done it!** What do I do now? Oh, yes — arch my body. Snap! The opening chute jerked me upright. I was hanging in the sky. **I did it! I jumped! I really did!**

"The trip to the ground was pleasant and uneventful. A radio strapped to my gear brought instructions for steering myself to the landing field. Thump — and quickly it was over.

"'What was it like?' my friends keep asking. I can barely remember. My one thought was, and still is, the fact that I jumped. I made myself do it. I **did**.

"Next time . . . yes, I look forward to next time. Then I will pay attention to the ride down.

"'Hey, do you know? **I did it!**'"

A Brief Excursion into the Occult

There are many ways of interpreting what we call reality. Palmistry, Tarot Cards, seances, Ouija Boards, astrology, astral projection, fortune telling, and the like, all offer different views of the world than we normally experience.

Leslie—*A Seance*

I attended a seance once and was afraid my scepticism would be recognized and scorned by the medium. I sat there in complete blackness laughing to myself at how ridiculous it all was. I ended up deeply moved, a little frightened, but very interested in the powers that had moved me from scorn to respect in only one hour."

Readings

Carlos Castaneda, *Tales of Power* (Simon & Schuster, paperback, $2.95)

J. Legge, *I Ching* (Citadel, paperback, $4.95)

J. Regush and N. Regush, PSI. *The Other World Catalog* (G.P. Putnam's Sons, paperback, $5.00)

J. Roberts, *Seth Speaks* (Bantam Books, paperback, $3.50)

Places and Spaces Around You

Exploring the Streets Where You Live

An easy way to start thinking about new possibilities in your life is to take a fresh look at the world around you. All of us have regular routes we follow on our way to school, work, shopping, friends, doctor, etc. For a little variety, try going a different way each time — maybe map out several routes to choose from. Or, if you follow the same route, take a new, closer look at some of the things on the way. (This is easiest if you're walking or riding public transportation, hardest in a car unless you can slow down.)

Here Are Some Ideas:

In each house or building look at the colors, decorations, wood and stonework. Notice the many architectural styles. (If you don't know the names, make them up.) When walking downtown, look up above the store fronts. In most towns and cities, the stores are new — the buildings are older. There are all kinds of wild designs, building dates, and unnoticed features up there all for the price of lifting your eyes.

What about the plant (and animal) life?

If you ever have the chance to deliver leaflets or get a petition signed, those are great opportunities to explore the outdoors.

Or, if you go **indoors**, take a moment to notice what's around you. Try going into a building, you've never entered before. Public buildings such as courthouses, churches, libraries, colleges and some new skyscraper lobbies can be especially interesting. There's often a wealth of art, detail work, interesting doors and staircases to see. What's it like in a small, crowded shop? A large open indoor space?

Then there are other **places and spaces around you** — forests and woods, hills, flat open spaces, tunnels, places with water, bridges, tall buildings (looking down from the top can be a real surprise). If you're afraid to be conspicuous, carry a camera with you and no one will ask questions.

Listen for echoes and other sounds. Look at colors and lighting effects. Go to a nearby park and see what it's like at different times of day.

More Ideas

★ Stargazing, cloud watching.

★ Using telescopes, microscopes, magnifying glasses, binoculars, colored glasses. Explore all the small life in your backyard — birds, small animals, insects, fungi, weeds. Touch different surfaces, listen to different sounds — turn off the radio or take a moment out from your gardening to notice what's all around you.

★ A party game: go outside (or you can do this indoors too) and take turns being blindfolded and led around. What do you hear, feel, smell?

★ If you're looking for people to explore with or further ideas, try contacting local community centers and Y's, Audubon Society or other birdwatching groups, staff at parks, building or environmental preservation groups. See if your community schedules a Parade of Homes. Attend open houses of new buildings.

Readings

Richard Adams, *Nature, Day and Night* (Penguin Books, paperback, $7.95)

Colin Fletcher, *The Man Who Walked Through Time* (Vintage Books, paperback, $2.45)

Walking Tours of America — Mini Tours on Foot in Major Cities (Collier Books, paperback, $7.95)

Albert Mehrabian, *Public Places and Private Spaces. The Psychology of Work, Play* (Basic Books, paperback, $5.95)

Editors of American Heritage, *Historic Houses of America* (Simon and Schuster, paperback, $6.95)

John Hay, *The Great Beach* (W.W. Norton, paperback, $3.95)

Helen Ross Russell, *Ten-Minute Field Trips. Using the School Grounds for Environmental Studies* (J.G. Ferguson, paperback, $6.95)

Your Home

Designing your personal space is a joy. Anyone can make a statement about themselves through this art, and it doesn't take a lot of money or education. All you really need is to develop an eye for the unusual and a gut feeling about what it is that makes you respond to certain objects. The items you choose need only suit you and those you live with — and the results will be intimately rewarding and enjoyable on a daily basis.

Cindy—*My Personal Space*

"'Be it ever so humble, there's no place like home.' No truer words were ever spoken for me. My home is my place in the world which no one can take from me. It's my dreaming place, my scheming place, my dealing and revealing place. It's where I go to heal myself from life's heavy blows, my respite from the world. Many passionate scenarios have been envisioned there — some of them have even been actualized. My home is a reflection of me and it's very important that it truly state my individuality.

"I love interior decorating, watching separate pieces flow together to form little themes that intertwine into one central statement. The acquisition of each object is an intimate process. When I see something I like or am looking for, I examine my gut feeling about it. How an objects feels is much more important than how it looks (although that's pretty darned important!). And being on a restricted budget, it's glorious to find something that feels right, is beautiful and very reasonably priced (hard to find these days, but not impossible, and worth the search). I like to strip furniture, so I find a lot of bargains in grungy-looking old wood tables or desks that look brand new after I've finished with them.

"A lot of my house has a romantic theme — lots of warm tones, creams, rusts and browns with lots of wood and plants and earthy kinds of pottery and macrames which I make myself to save money. I make use of lots of candles and dried plants such as eucalyptus. The combinations make intriguing shadows on the walls and warm up the rooms with atmosphere. I use touches of lace just to add a touch of naughty innocence to the environment. It's neat!"

Resources

Check with your local library, book store and home repair/hardware suppliers for the numerous fix-it, home repair, decoration and renovation books available. Many department stores have free or low cost interior decorators available to help you. Many interior decorator and furniture stores also offer low cost services. Imported goods shops are excellent places to look for unusual items.

Carry a notebook around with you to jot down ideas you get from other people's homes, historic houses and decorated rooms in stores. Take advantage of opportunities to visit decorated homes by going to new homes models, open houses and "parades of homes."

Readings

Editors of Consumer Guide, *Whole House Catalog* (Simon & Schuster, paperback, $7.95)

Ralph and Terry Kovel, *The Kovel's Antiques Price List* (Crown, paperback, $9.95)

Many book, home, gardening and hardware stores carry the following series of home improvement, repair and gardening guides (or check directly with the publishers for a complete list):

McGraw-Hill Home Improvement Series, $3.95 each (McGraw-Hill, Princeton Road, Highstown, N.J. 08520)

Ortho Books (Home and gardening books), $4.95 each (Ortho Books, Chevron Co., 575 Market St., San Francisco, CA 94105)

Sunset Books, $2.95-4.95 each (Lane Publishing Co., Menlo Park, CA 94025)

Magazines: *Better Homes and Gardens, House Beautiful, Interior Design*

Sports

Do these fit you?

I feel sluggish.

I want to exercise but rollerskating and jogging are not for me.

I hate competition.

I'd like to do something with a group.

I'm a mess, there's no hope.

Pick your excuse, but however valid it may sound to you, don't believe it. Age, skills, money, busy schedules and physical disabilities are no obstacle when you're determined to get your body moving. There are fast moving, individual competitive sports, group games, places to walk, friends to learn "new games" with. No one is too busy, too shy, too uncoordinated or too old to try a new sport, even if all you can do is be a spectator. But whenever possible, we need to use as much of our bodies as we can.

Howard—*Blind Downhill Skiing*

"When I first considered downhill skiing I felt scared, excited and worried about possible injuries. But then I thought if it is doable, I'll do it. The challenge was first broken down into small steps like trying the skis, getting to know a small hill and learning to respond to my guide's instructions. On the skis I realized that it felt like sledding standing up, almost a combination of skating and sledding but I had to acquire more control.

"The faster I go, the more tension there is. My guide behind me calling my cues. 'Turn left, . . . now right!' We both have to be very alert and we are. What's my response at the bottom of a steep hill? 'That was great! Let's do that one again.' My style is to go back and take on the hill over and over again until I'm satisfied with my performance and then try to conquer another one."

Howard's Philosophy About Recreation for the Physically Handicapped

"I firmly believe that handicaps are endorsed by other peoples expectations. Don't accept anyone else's limitations, misinformation or misconceptions about you and what you can do. I've learned to find out for myself — I don't accept misplaced limitations. My attitude is not *why* I should try a new activity but rather *why not* give it a try.

"Many activities that most people do as individuals, handicapped people have to do with others, in groups. That can be a plus because of the enjoyment of being with others. The minus is the time it takes to get organized. In fact, getting organized and figuring out how to bowl, travel or go sailing can become the challenge and reward in itself.

"I know that just because most people have a particular experience using their eyesight doesn't mean that I can't make that experience accessible to me with touch and smell. People involved with wheelchair sports know that there are more skills involved in a sport like basketball than in running. In other words, nothing is going to stop me from what I want to do!"

Resources

- **"Sports & Spokes" Magazine**
  5201 N. 19th Avenue, Suite 108
  Phoenix, Arizona 85015
  6 issues a year for $5.50
  (Wheelchair sports magazine covers archery, bowling, football, squaredancing . . . and more).

- **Wheelchair Sports Equipment:**
  Flaghouse, Inc.
  18 W. 18th Street, N.W.,
  New York, N.Y. 10011
  (212) 989-9700

- **Goodwill Industries of America:** Recreational Programs
  Check phonebook for local programs which offer diverse activities for handicapped people.
- **Recreation & Parks Association**
  Contact local state agency for services and contact the:

  National Recreation & Parks Association
  Therapeutic Society Branch
  1601 N. Kent Street
  Arlington, VA 22209
  (resource and reference materials).
- **BOLD** (Blind Outdoor Leisure Development) Program can be located through local Lion's Club for activities such as skiing.

Christi, age 11—*The Satisfying Experience of Gymnastics*

"Gymnastics is something to do when nothing is going right, or it's for sport and fun. You don't have to be good to do it because it's for fun, and it can become a career for someone who has become carried away with the spirit that you feel when doing it.

"How I got into it: From the moment that a little tot has started walking that means the child has faced the enjoyment, sport and work of exercising, namely . . . gymnastics. And that's how most people such as myself get into the work, skill and life of gymnastics!

"How I feel when doing it: During the time you are up on bars or on the mats or if good enough you could be hopping on the trampoline to twirl, it's something only those who have experienced the feeling and spirit can express. It's a feeling of confidence and pride standing high on the high horse or low into the splits or any position. It gives a person reason to live on because of the heartwarming challenge!!!

"Finish: When you have finished performing or just working out, it makes you feel that you have succeeded to practice a certain love. But for some people its not that simple to stop. They have to go on and keep doing twists, rolls and so on: because they've OD'ed on Life and the spirit that comes from it!!!"

New Games

What are these "new games?" They're called names like Dragon's Tail, Bone Game, People Pass, Hug Tag and Amoeba Race. The basic rule is "play hard and play fair — nobody gets hurt." There are no spectators, no second string players, no losers and everybody has a good time.

Judith—*Playing*

"One of my favorite memories of playing a "new game" is of playing "Rabbit Run." I was outside with a group of people I liked, anticipating playing a new game and feeling good. I remember laughing, squatting, laughing, jumping up, running around and around and still laughing. It was great to get caught but also wonderful not to get caught.

"I believe that it's important for people to play together and to do it in a cooperative spirit. For me, the point is to have fun, get exercise, and experience the joys of interacting. I find the games to be both validating for myself and for other people. We're all on the same side, the winning side!

"Besides the fun involved, "new games" show the potential for changing interactions in other parts of my life. No one needs to lose for people to have fun. Every situation in life doesn't have to have losers so that some people are happy and others miserable. I feel like I'm learning skills to be cooperative with the people in my life."

Readings

A. Flugelman, *New Games Book* (Doubleday, paperback, $4.95)

D.A. Hindman, *Kick the Can (And Over 800 Other Active Games and Sports for All Ages)* (Prentice-Hall, paperback, $3.95)

T. Orlick, *Cooperative Sports and Games Books* (Pantheon Books, paperback, $4.95)

New Games Foundation, San Francisco, CA 94120

Competitive Sports

Chris—*Softball*

"Who me? On a softball team? You've got to be kidding! I'm so uncoordinated . . . besides, I hate competition and I can't bat, throw *or* catch, anyway.

"The first day of practice was cold and windy. The warm-ups didn't warm me up, and just as I had decided that I'd better quit before somebody got hurt (me), my coach daringly offered to teach me how to bat. There I stood, shaking but keeping my elbows up, eyes on the ball and I hit it! I did as she said and it worked! I hit the ball. Amazing! Right then I realized that there is a method to skill — it is not all just luck. I decided to learn how to play if it killed me. From that day on there were bruises on my body but a gleam in my eye. I had taken a risk, was learning about a world foreign to me and was having a great season.

"I've discovered since that most towns have softball, basketball, volleyball, and sometimes even soccer leagues. There are men's, women's, and coed leagues for young and old. If you want to play, anticipate the season early, talk to people you work or go to school with, neighbors, friends, strangers you see throwing a ball around at the park, or call the **Parks and Recreation Department** in your phone book (for contacts with existing teams or help in starting your own). If you start your own team, you'll be surprised at the number of people like you who are dying to be asked and just need your encouragement.

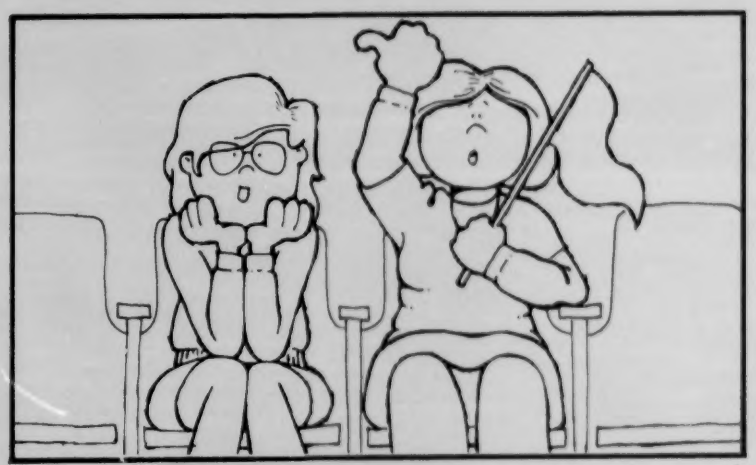
"Ask your favorite neighborhood store to be your sponsor and make sure you get a spiffy T-shirt out of the deal. Or, if you're looking for something less structured: take a chance and walk right up to people shooting baskets at the school yard or playing catch; they'll probably be happy to have you join them. The important thing is to inquire and give it a try."

Spectator Sports

Nancy—*Bleacher Hockey*

"My husband's the wildest hockey spectator I know. When hockey weekends roll around he's like another person. With the first crunch of the players' bodies into the boards, the warm, sensitive companion I love turns into a frenzied, hockey fanatic — a first row madman, right behind the plexiglass so as to not be too far away from all the action.

"Slap, crash, zing! The puck and players travel like bullets across the ice. Sticks and tempers fly. It's madness in front of the net. A slap shot smashes into the goalie. Oh, another save. Then another shot, and another. Why won't the puck go in! Then he's up. He's yelling, 'C'mon, Norwich, another one like that. Let's go red! Let's go red!' Action's started again. Meeker to Norwich, to Eaves, to Meeker, the puck glides off their sticks. 'C'mon, shoot the @#*@ thing,' he cries. There's a skirmish in front of the net. The ref blows his whistle and my husband's on his feet. He's at the glass jumping and screaming at the official. 'Lundeen didn't start it. Didn't you see the elbow he got? Do you need my glasses?' He's up, he's booing the penalty, he's cursing the opposing player who glides by smirking cause he didn't get caught elbowing, he's jumping on the risers which hold our seats, he's pounding on the



plexiglass. 'Blind, are you blind?' he screams at the official. I yank him by his shirttails back down into his seat. His face is red, he snaps at me, 'A rotten call.' The evening's only just begun.

"While other fans snooze calmly through a game, my husband lives and breathes it. He's like the second string, an extension of the team out in the audience. Who else is there to cheer the players on, get them fired up, harass the opposition, keep the officials alert? Sometimes the intensity of his rantings and ravings is embarassing. We often get odd stares. But the smile of one of our hockey players as he glides by our seats helps. He knows we're there. We're there every game, yelling and screaming our hearts out.

"And the best of all, letting loose at a hockey game allows us to burn off all those little frustrations that have built up all week. The stress of endless phone calls at work, the approaching deadlines, the mistakes, the hassles, fly out over the ice and away.

"'Good evening, hockey fans!'"

Resources

- Call your school recreation department and find out when school teams compete.
- Look in your newspaper for details on up-coming amateur sport events.
- Select a local team and follow them through the season. Go to their games, listen to them on TV or radio, or read stories about them in newspapers and magazines.
- Contact colleges in your area for their athletic schedules.
- Find out if you have Little League or other free games in your community.

Christi, age 11—*The Joy of Horseback Riding*

"In my opinion, horseback riding is about the most peaceful and enjoyable sport in the United Nations or any other place. It's wonderful when you're up on a big, beautiful thoroughbred in control and racing through beige and yellow fields.

"When you're on it you feel like you're airborne in a farm of chocolate bars. It's a dream when you're horseback riding — better than sinking your teeth into a big fresh slice of apple pie. It's like floating on cloud-9. It makes you feel 'High On Life.' You're in a different world when you're horseback riding, 'true!'"

Other Ideas

Exploring the Air: kite-flying, star-gazing, parachuting, cloudwatching, frisbee flying, flying paper airplanes, swinging, etc.

Adventuring in the Outdoors: hiking, camping, biking, nature walking, bird watching, tree climbing, watching sunsets and sunrises, cave hunting, walking in a summer rain, etc.

Enjoying Water: swimming, fishing, fly casting, canoeing, rafting, skindiving, shell hunting, collecting driftwood, going to the beach, waterskiing, sailing, playing water polo, skipping stones across the water, wading, standing under a waterfall, etc.

Enjoying Winter Outdoors: skiing, snow shoeing, tobagganing, ice fishing, sledding, ice sailing, skating, winter camping, winter carnivals, building snow figures, etc.

Discovering the Indoors: bowling, ping-pong, darts, board games, handball, exercising, calisthenics, pool, etc.

Spectating: baseball, basketball, hockey, soccer, tennis, swimming, golf, gymnastics, track and field, wrestling, etc.

General Resources

- For general sports programs contact your local YMCA, YWCA, YMHA.
- Contact your school recreation program.
- Look for sports clubs or teams you could join.
- Contact your state and local Parks, Recreation and Natural Resources Departments for activities, facilities, and campgrounds.
- Read sports and recreation magazines.
- Organize a team or recreation club in your neighborhood or place of employment.
- Check sports sections in local library or bookstore.
- Talk to sports people about tips on the particular sport you're interested in.
- If you can afford it there are now many private health clubs, spas and exercise facilities worth investigating.

Readings

James L. Anderson, Martin Cohen, *The West Point Fitness and Diet Book* (Avon, paperback, $2.95)

Diagram Group, *The Complete Encyclopedia of Exercise* (Van Nostrand-Reinhold, paperback, $9.95)

Rules of the Game, The Complete Illustrated Encyclopedia of All The Sports of the World (Bantam Books, paperback, $9.95)

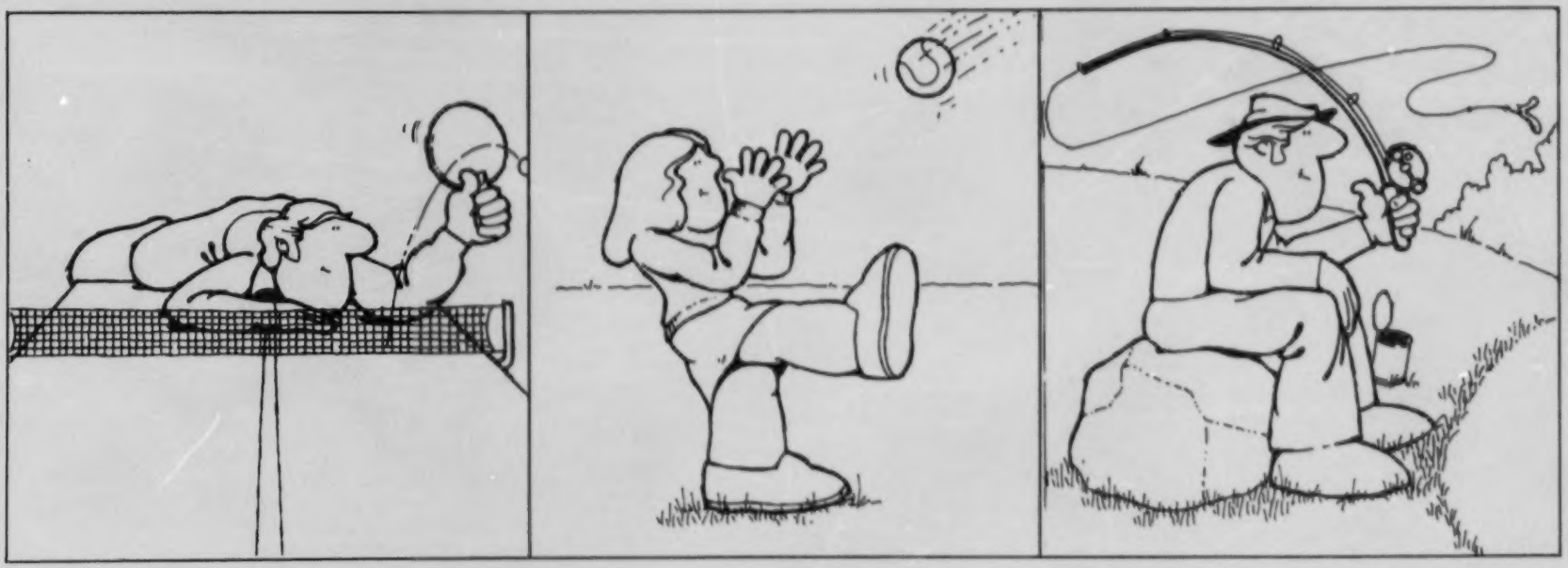
Editors of Runners World, *The Complete Runner* (Avon, paperback, $5.95)

Charles Huntzleman, *The Complete Book of Walking* (Simon & Schuster, paperback, $5.95)

Harvey Manning, *Backpacking One Step at a Time* (Vintage, paperback, $4.95)

Fred Rohe, *The Zen of Running* (Random House, paperback, $3.95)

John Woodforde, *The Story of the Bicycle* (Routledge & Kegan Paul, paperback, $4.95)



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Self-Awareness

Your Body

Remember how it felt to sit at your desk, teacher rambling, your stomach gurgling and hurting? Or what it feels like that first sunny day of spring when you expose your skin to the sun and feel the warm glow all through you? This is body awareness: both an understanding of the essential needs that must be taken care of and the recognition of pleasure that a well tuned body can provide. It is impossible to be unaware of one's body when it's hungry, cold, hot, tired, or sick. When we are not reminded of our physical self by extreme sensations, it is easy to forget our body and its needs. It is a gift to yourself to be kind and loving to your body.

Mary—*Beginner's Dance Class*

"To me, wearing a leotard and tights felt like the next thing to walking around without my clothes on, but on a dare I signed up for a beginning dance class. I was afraid that I would walk into a room of slender, healthy people who would laugh at my average, American overweight body. To my surprise, there were people of all sizes, shapes and ages in this class. The bodies around me were just as out of shape as mine. Everyone was self-conscious.

"To an outsider, those first classes probably would have looked comical but it was no joke to us. We were all feeling so vulnerable, it was pretty risky to go there at all!

"I approached the first class or two with great fear that I would be unable to do what was asked of me and that I would make a total fool of myself. That feeling left quickly as I found myself enjoying the things that we did in class.

"I felt good taking charge of my body, learning to move more freely, to stretch and leap. I learned to recapture some of the joy I had known as a child when I was able to jump up and down gleefully.

"As I grew stronger, and my body responded more quickly to my demands, I became more self-confident. I was really pleased with myself. No one had ever told me that getting in touch with my body and working it hard would make me feel better emotionally, but it did.

"I learned a lot about what I need to feel good when I took that dance class. Now when I begin to feel lethargic or down, I know that it's my body needing attention and work. I just go find another dance class for a new body experience."

Resources

Dance classes are offered through YMCA's, YWCA's, private dance schools, colleges, University Extensions, dance councils, dance organizations, sometimes high schools, churches and museums. There are many kinds of dances from ballroom to ballet to folk, belly dancing and modern dance. Every kind of dance and every teacher has a unique experience to offer you.

John—*Getting In Shape*

"I'm one of the legions who periodically struggle with the latest diet craze in the frantic hope that weight loss will come easily, and I can then bask in the glow of my improved self-image. It never worked. The weight loss never lasted . . . until recently.

"I did some reading on physical fitness and found that I'd missed the boat on two counts. First, I threw out the term "weight loss". I replaced it with "weight control," which is an on-going process rather than a short spurt of starvation dieting. Second, I learned that regular, structured exercise *combined* with controlled caloric intake were the root of successful weight control and fitness. The key for me was very simple: balancing my energy intake (eating) with my energy output (exercise).

"My lack of exercise was as much the cause of my overweight as eating too much. But I didn't have to become a cross-country jogger or lift heavy barbells to benefit from exercise. Walking a little more each day burns calories, as does dancing, canoeing or taking up sports for fun (instead of to win). My exercise is bicycling to and from work everyday (instead of bussing), a short set of calisthenics each night and a vow to walk to the local grocery instead of driving. These simple increases in exercise combined with limited calories resulted in a dramatic weight loss and I felt much better. (Except I had to buy all new pants). After the initial loss I allowed

myself more calories each day but kept on exercising. This time the extra pounds have stayed off. I seem to have hit a balance and I feel more fit.

"Do some reading on simple exercise programs and find out how many calories are burned up by doing activities *you* like to do. Seeing a doctor and dietician can help to find what's right for you. Don't expect overnight miracles. Remember, it's the long run that counts."

Other Ideas

Other ways of approaching your body include:

Nutrition and Health: Did you ever think of what you eat as a reflection of who you are and how you feel about yourself? Try thinking about the food that you eat as one way to improve your health. See what happens to you as a result of using this attitude toward your food. Many books and health food stores provide information on food, nutrition and health. Learn to eat rationally to promote health and longevity.

Body Building: Conditioning to produce strength and improved health is one satisfying and easy approach to knowing your body. You can do stretches and calisthenics alone, in groups, inside, outside or at a club designed to provide you with help and exercise machines. Health clubs and exercise groups are good resources.

Judo, Aikido, Karate, Tai Chi: These and similar forms of body and mind discipline teach control, improve strength, coordination, and some of them are methods of self-defense. Courses are offered through many of the same places that provide dance classes. They are usually listed in the phone book under martial arts.

Readings

Norman Cousins, *Anatomy of an Illness as Perceived by the Patient* (Bantam, paperback, $4.95)

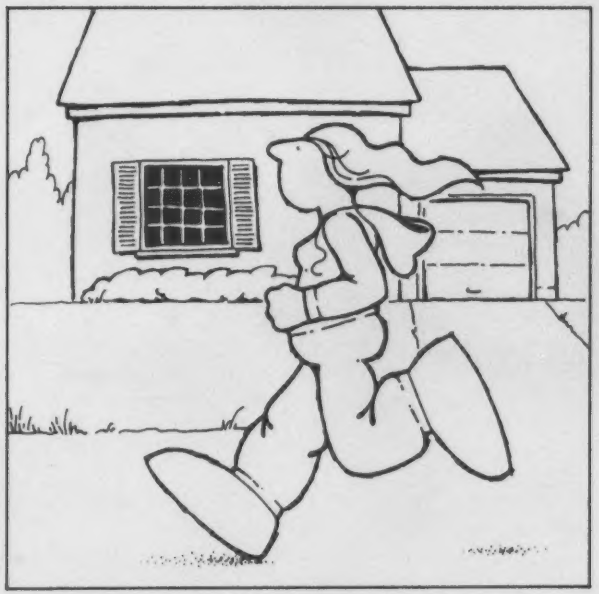
G. Downing, *The Massage Book* (Random House, paperback, $6.95)

Donn Draeger, Robert Smith, *Comprehensive Asian Fighting Arts* (Kodansha International, paperback, $11.95)

Sam Julty, *Men's Bodies, Men's Selves* (Delta, paperback, $9.95)

A.K. Rush, *Getting Clear Body Work for Women* (Random House, paperback, $5.95)

M. Samuels, H. Bennett, *The Well Body Book* (Random House, paperback, $7.95)



Your Mind

Do you ever think about the way you think? Most of the time, we are aware of the content of our thoughts, the thing we are thinking about, rather than how that thinking happens. We rarely pay attention to our own capacity for awareness. But, if you stop to think about it, our capacity for awareness is a very strange and wonderful thing, a mysterious thing.

Candy—*Meditation*

"There are many techniques of meditation. The one I learned is one of the simplest. I was taught to sit in a quiet room for twenty minutes twice a day and repeat a particular sound, or mantra, in my head. When I would realize my mind was wandering, I would gently remind myself to forget the thoughts and go back to repeating the mantra. Soon I would feel my mind 'slowing down', becoming quiet, aware of itself, rather than of thoughts. According to my teacher, this practice of quieting and centering the mind leads to 'finer and finer levels of perception' until one reaches a state of 'pure awareness.'"

Michael—*Yoga*

"Hatha Yoga is a method of disciplining and liberating the consciousness by practicing slow physical exercises which require a great deal of stretching. When I concentrate on doing these exercises, or 'asanas', I feel myself growing very calm and detached, undisturbed by the world around me and the little problems of my day-to-day life. It may seem strange to use physical exercises to expand the consciousness, but when you consider it, it makes sense. The mind and body are so closely involved with each other that it is almost impossible to separate them. The body is the mind's only contact with the 'outside' world. All of what a person 'knows', except what comes from intuition, is learned through the senses. When we want to expand our awareness we must learn to control the body which feeds information into our awareness. My yoga teacher says that since the brain is connected to every part of the body by nerves, we can actually think of the whole body as an extension of the brain. Hatha yoga attempts to discipline the mind by disciplining the body."

Josh—*Dreams*

"I get closer in touch with my consciousness through my dreams. Many people believe that they don't dream very much, but almost everyone dreams several times a night, even if they don't remember all the dreams. Dreams are a very real part of our experience. Our awareness is just as alive and active during our dreams, we can know more about ourselves. And the best part is that it is so much fun remembering dreams, sharing them with friends, and figuring out what they mean.

"At first, I had a lot of trouble remembering my dreams, but I found out that if I can remember even one detail, the rest of the dream will usually come back to me. It helps to write the dream down right away. Later in the day I try to understand what it means. Very often dreams that seem nonsense at first, turn out to correspond to events taking place in the waking part of my life. The exciting thing is that only I the dreamer, can decide what my dreams really mean — how they relate to what is happening in my life and how I feel about them."

As you begin to pay more and more attention to your capacity for awareness you will find yourself becoming more conscious of your perceptions and appreciating them more. You will notice and enjoy little things that you may have overlooked before, the delicate smell of butter, the way water feels running over your hands as you wash them. Try getting up early, at sunrise and go for a walk outdoors. Notice how much more intense and beautiful things are at that hour, how fresh, clean and lovely they are. Notice how alive and lucky you feel. Our awareness is the most precious thing we have: worth paying attention to, worth developing, worth cherishing. Be glad!

Resources

- Yoga classes are offered by community colleges, YMCA, YWCA, yoga clubs and societies.
- Conscious relaxation courses are offered by colleges, some hospitals and mental health centers.
- You can learn to meditate through the International Meditation Society (TM) meditation groups, and H. Benson, *The Relaxation Response* (Avon, paperback, $2.50).

Readings

M.S. Anderson, L.M. Savary, *Passages: A Guide for Pilgrims of the Mind* (Harper and Row, paperback, $7.95)

Baba Ram Dass, *Remember. Be Here Now* (Crown, paperback, $3.99)

Barbara Brown, *New Mind, New Body* (Bantam, paperback, $2.95)

Ann Faraday, *Dream Power* (Berkley, paperback, $2.50) *The Dream Game* (Harper & Row, paperback, $2.50)

William Glasser, *Positive Addiction* (Harper & Row, hardcover, $2.50)

Carl G. Jung, *Man and His Symbols* (Dell, paperback, $2.50)

John C. Lilly, *The Center of the Cyclone. An Autobiography of Inner Space* (Bantam, paperback, $2.50)

Jess Stern, *Yoga, Youth and Reincarnation* (Bantam, paperback, $1.95)

Charles Tart, ed., *Altered States of Consciousness* (Anchor, paperback, $5.95)

Our Changing Lives

Every day we do things that distinguish us from others. It's exciting to recognize the similarities and differences between ourselves and others and to appreciate the fact that we're all alive, growing and changing.

Michel—*Keeping A Journal*

"I have a drawer half-filled with notebooks — journals full of long letters to myself. They include my poems, a camping trip diary, discussions about important decisions I've had to make, fantasies, dreams, plans and schedules.

"Writing in a journal is a wonderful way for me to express my feelings and to see if my ideas make sense. My journal is the place I complain when I'm not satisfied with something or when it's useless to discuss something with someone else. Often, when I'm upset, I write out the feelings and after I put down all the anger, frustration, or hurt, I find a sensible way to handle the problem. If that doesn't work, the problem must be an important one, and I should treat it seriously.

"My journal is also the place where I write down my mushy feelings about being in love, about how watching a sunrise makes me feel; all the things that are hard to say out loud because I'm afraid they may sound silly. Sometimes, when I see them in writing, I realize they aren't silly after all, and I do say them to people who will understand.

"My journal is also the place where I go with my fears about fatal diseases and where I have long discussions about my unanswered questions. How do I believe in God? What do I want to be when I grow up? (A 45-year-old friend of mine says that she too asks that in her journal.)

"My journal is a tool for me and nobody else. If I were writing for others to read, even distant, unborn generations, then I would be saying things for them. But because the journal is just for me, right now, I can say my real feelings. I am completely free.

"Sometimes, though, it is hard being completely candid, even to myself. I find myself wondering what I will think when reading back in my journals a few years from now. Reading what I wrote several years after is sometimes embarrassing, sometimes funny, sometimes so painful that I can hardly stand it, and sometimes deeply rewarding. I rediscovered things I've forgotten about myself, things that have happened to me. I find out how I've changed. I may realize that three years ago I was struggling with a problem just like today's. I read a month ahead, discovered that I survived, and I feel better.

"Some of my journals are intellectual, some are mystical, some describe feelings. These days I keep three journals. One is for the truth or as close as I can make it. The second is for pure fantasy. It is where I act out my dreams, live out imaginary lives and describe things I might have done if . . . The last contains random jottings: lists of things to do, books I plan to read; memorable ideas and quotes; dreams that I wake from.

"My journal is one of my friends and that friend is me."

Readings

Christina Baldwin, *One To One: Self Understanding Through Journal Writing* (M. Evans, paperback, $3.95)

May Sarton, *Journal of a Solitude. Diary of a Year in the Life of a Creative Woman* (Norton, paperbck, $3.95)

Henry Thoreau: various writings such as *Journals, The Maine Woods, Cape Cod, Walden*

A Few Words About Careers

You are in charge of your life. What are you going to do with it? There may be sources of information, training and jobs you haven't yet thought of or want to know more about. Or you may have skills and talents which would bloom if given support — and if you knew what they were. The following resources can help you start to explore these: counselors at vocational and technical schools, colleges, adult education departments and extension services of nearby universities.

Readings

Richard N. Bolles, *The Three Boxes of Life, and How to Get Out of Them* (Ten Speed Press, paperback, $7.95)

What Color Is Your Parachute? (Ten Speed Press, paperback, $5.95)

Other Ideas

Want To Assert Yourself More?

Assertiveness training can be found through many local mental health centers, Y's, and schools — and there are also correspondence studies such as the Dale Carnegie courses.

Want To Be Able To Interest Others?

You can start by being yourself and working on any discomforts (see the next paragraph for changing your feelings). But if you also want to improve your conversational ability, you can start exploring unusual topics and learning all you can. Your local library and nearby college are good places to begin. There are also dozens of handicrafts you can teach yourself — this will add to your stock of inexpensive gifts to give and attract the curiosity and admiration of others.

Want To Work on Expressing or Changing Your Feelings?

In addition to a huge variety of therapies available (Freudian, Gestalt, Primal, etc.), there are often discussion and self-help groups you can join. They often put notices in newspapers, local and college bulletin boards, or work through mental health and community centers. Such groups include Rational Behavior, Reevaluation or Cocounseling, Transactional Analysis, Parent Effectiveness, Women's Men's and Parents' groups, groups for singles, single parents, citizens concerned about alcohol, drug abuse, mental illness, developmental disabilities, groups at schools, community centers and churches. Define your need and take your pick. If there isn't one for you, start your own — put up a notice and there is always someone else who shares your thinking.

Some Ideas on Changing Your Appearance

Unfortunately people often do think you are what you wear, and they do buy books because of the covers. But how you look can easily be changed. There are all kinds of things you can do: change your hairstyle; men can grow or shave off sideburns, mustaches and beards; try new makeup; change the colors you most often wear; start acquiring an interesting set of hats or other accessories such as belts, vests, scarves, jewelry; change your style of clothing — find a particular style you like and develop it; pick a favorite clothes item (pants, blouse, shirt, shoes, etc.) and really focus, over time, on acquiring a selection that is varied and pleasing to you.

Resources

Used clothing stores (if you're afraid someone will spot you, go to another town or neighborhood). There are tons of bargains in places such as Goodwill, Salvation Army, church thrift shops, garage and yard sales. Or, buy a pattern and make it yourself.

Readings

Patricia Drake Hemingway, *The Well-Dressed Woman* (Signet, paperback, $1.95)

Sandra Kauffman, *The Cowboy Catalog* (Clarkson N. Potter, soft cover, $10.95)

Check recent issues of fashion magazines such as *Vogue* or *Gentlemen's Quarterly* (GQ).

Some More Ideas

Dive into another culture (your own ethnic heritage may be the easiest and most comfortable to try on) — learn the language, make some ethnic foods, learn the history and culture, try an ethnic party with costumes, food, music, decorations, etc.

Learn unusual quotes. *The Phrase-Dropper's Handbook* by John T. Beaudouin and Everett Mattlin, Doubleday & Co., Inc., 1976, is a clever, fun book about how to talk impressively.

Enter lots of contests. Learn to do magic tricks.

Families

"The Family" as an American institution is not dying out; it just doesn't look the same as it did years ago. The supposed typical American family with a father, mother, two children and a cat is still to be found, but not in the numbers that other types of families are these days. Whether due to divorce, remarriage, or simply choosing new lifestyles, today we see families of every makeup and form: reconstituted families, one-parent families, three-parent families, families sharing living space, multi-generational families, and on and on.

But here's the point: no one *form* is any better than any other. For example, the important thing for children is that they have a close group of people who care about and love them. The outside structure is not so important as what happens *inside* the family. That's where the strength of a family lies.

So, as the outward appearance of a family may change, the same basic needs are served by families today as in other times: providing close, caring relationships, passing on of values, teaching ways of coping with the world, and filling the need that all humans share — the need for love.

P.E.T.: or, Some New Ways to Talk to Your Kids

Parent Effectiveness Training is a relatively inexpensive eight week course in communication skills for adults who have regular contact with young people. The idea behind P.E.T. is to open up communications within a family by helping people learn how to listen, how to be aware of feelings and to share them in non-threatening ways, and how to solve problems without doing some of the crummy things we all can do to each other. The philosophy is: I care for your needs and my own needs, too, so how can we communicate to grow and solve problems together? Participants are encouraged to try out the new skills at home and share the results at the next class.

Resources

Check the white pages of your phone book under P.E.T. or Parent Effectiveness Training; write Dr. Thomas Gordon, Effectiveness Training Associates, Inc., 531 Stevens Ave., Solana Beach, CA 92075 for nearby instructors; contact your local church, mental health center or association, YMCA, or Division of Family Services for courses or their equivalent.

Personal Heritage

How much do you know about your roots? Who were the people that preceded you in your family? What are some of the values held by your ancestors? What did they do for a living? Are there some family traits you could trace back to other generations? Are these traits reflected in you?

Perhaps you have a grandparent or other older relative who would be happy to relate stories about your family's past. See if you can locate old photographs and identify relatives. Ask the elderly members of your commuunity what they recall about your ancestors. Make a project out of charting your ancestry, and see how much information you can find.

Readings

G.H. Doane, *Searching For Your Ancestors* (Bantam, paperback, $1.95)

Alex Haley, *Roots* — a moving novelization of the ancestry of a Black American (Dell, paperback, $2.75)

D. Weitzman, *My Backyard History Book* (Little, Brown, paperback, $3.95)

Dan Rottenberg, *Finding Our Fathers — A Guidebook to Jewish Genealogy*, (Random House, hardcover, $12.95)

Pets

Mary—*Jeannie*

"Jeannie and I have been together for 4 years. We live in the country now, so she can run around, but she didn't mind when we lived in the city. Jeannie is my Springer Spaniel. She's so much a part of my life that it will be lonely for a time when she leaves.

"Her presence is always comforting. I never have to explain anything to her. She's provided me countless hours of company and amusement and it is very reassuring to know that no matter what hour of the day or night I come home, she will always be there wagging her tail, welcoming me home with delight. Unlike my human friends, she demands no explanations or clarifications. Her demands are simple and she has clear ways of letting me know what she needs. Her presence regulates my life. She needs to be fed and walked at regular intervals. Arranging my time and keeping a sense of organization has always been difficult for me, but Jeannie succeeded in bringing some order into my hectic days.

"I spend a lot of time with people. When I have free time I feel the most serene when I am outside with Jeannie, playing catch or just walking, exploring the world in a different way. Sometimes I try to imagine what she sees and hears and smells.

"Sometimes she brings me presents — sticks, weeds, dead mice or other treasures of her world. I feign gratitude and praise her for the things she has found, desperately trying to figure out what to do with the mouse when she isn't looking. If I toss it away in her sight she will quickly rescue it for me.

"The morning that she had her puppies was quite an experience for me. She woke me at 5:30 a.m. and indicated that it was time. We went through the whole procedure together. I had never seen puppies born before, and here I was assisting as the veterinarian had suggested. I helped wipe them off and wrap them up to stay warm. At one point, after the third puppy had been born, Jeannie got nervous and as I bent to move a pup she bit me, square on the nose. I was so startled and offended that I sat there and cried. I must have been a sight sitting there in my nightgown at 6:30 a.m. in the box with the dogs crying.

"When the pups were all born, I went back to bed to catch my last hour of sleep. I woke up to find Jeannie climbing onto my bed with the last puppy. She had moved the whole litter onto the corner of my bed where she normally slept.

"Her antics, her daily companionship, the sense of exploring the world through her perceptions, all these are experiences that I enjoy and delight in."

Resources

There are thousands of books and novels about pets: *Lassie, Black Beauty,* etc. Check your local library for more titles. Most pet stores have magazines and books about specific kinds of pets. If you're concerned about pet care, want to enter pet shows or are looking for a pet, check with pet stores, veterinarians and your county Humane Society or chapter of the ASPCA (American Society for the Prevention of Cruelty to Animals).

Extending the Family Experience

There are many ways of sharing the closeness found in families and of learning how others interact. The following list includes just a few suggestions of places to look for some new kinds of family experiences.

Sharing through the mails: Pen Pals (c/o International Institute, 1694 Como Ave., St. Paul, Minn. 55108); Letters Abroad (209 East 56 St., New York, N.Y. 10022 — include self-addressed return envelope).

Foreign exchange programs: Friendship Force (check the phone directory for a local branch); Foreign exchange students — you in their home or them in yours — ask local high school guidance offices for information; to support children overseas, there are several groups connected with various religious groups including the Christian Children's Fund, Inc. (Box 26511, Richmond, VA 23261).

How about helping someone who needs a home or friend? Various programs are offered under varying names by local family and social service agencies, United Way/Fund or Community Chest, religious charities and some police departments. Some of these include: foster children, foster families, foster grandparents, Parents Without Partners, Big Brothers, Big Sisters, Police Athletic League, adult day care centers and volunteer child care services.

Feeling Powerful

Our society is complex and confusing. To believe that you are a part of and creator of our society is not always easy, but believing that you cannot contribute to it can make you apathetic and alienated. Political and social actions are means of participating in the decisions which affect our lives; they are ways of affecting and being affected by other people.

Betsy—*Having An Effect*

"When I was 17, someone handed me a petition and asked me to collect signatures for putting a referendum on the ballot about lowering the voting age. I wasn't at all sure of my ability to convince people but I joined the door-to-door brigade and gradually gained confidence. Two years later we gained the vote . . . much sooner than I had ever imagined possible. But my innocent signature-collecting launched me on a campaign which has never ended. The desire to participate in the decisions which effect my life is an addiction and I am hopelessly afflicted.

"I have since dabbled in hotlines, media, legislatures, letter writing, leaflets, coalitions, boycotts and endless committees. I'm still frightened of public speaking and no small number of my efforts have failed. Yet, some of my greatest satisfactions come from talks with people or small changes made in my schools and workplaces as a result of my beliefs and actions. And each action tests my ideas and strengthens my ties to fellow members of the human race. Social action has introduced me to all kinds of different people and experiences. It is an education which provides me with the immediate satisfaction of doing something with my knowledge or feelings. Even when I fail I know I've tried."

Bob—*Speaking My Mind*

"Frankly, I never dreamed I'd have occasion to speak before the City Council once, let alone twice. But since the issue seemed important to me, and after I'd broken down the barrier of fear the first time, it was quite natural to go back.

"I'd been to some meetings about the issue and felt strongly about it. I think it was my outspokenness that made me decide to speak before the Council. Once inside the Council chambers, I discovered that many other people had come to speak. I was about the ninth or tenth person and was pleased to note that some of my ideas were unique. It helped me feel that what I had to say was important. It seemed useful (as well as educational) that I was there.

"I began my prepared speech (inserting a little joking poke at my Council person), then I sped through it (going as slowly as I could) and finished well ahead of the 3 minutes each speaker was allotted. I returned to my seat quite pleased and I was gratified to see myself quoted in the paper the next day. In fact, I guess you could say I was *so* gratified, I went back a second time. All in all, the two occasions were quite an experience."

Lesley—*Providing an Alternative Service*

"I am one of three paid coordinators for Women's Transit Authority — a community rape-prevention ride service for women. Working for WTA is one way I can help to end sexual assault. We give women mobility at night, so they don't have to be prisoners in their own homes.

"Working at WTA is very satisfying to me on several levels: first, we are non-hierarchical. The 130+ volunteers decide the direction and policies of the service. I am learning how to operate on a collective basis with other people.

"WTA is also an autonomous organization. Although we have four funding sources, we are careful not to be directed by them. I value this autonomy in the service as I do in my own life.

"Also I am meeting other people who provide alternative services, such as advocacy for rape victims, health care for women, shelter for battered women and a feminist publication. It has been helpful to talk with others who provide services for groups not represented by the mainstream social services.

"Within WTA, I am meeting women who are trying to reckon with their role in a society where domestic violence and sexual assault is so pervasive. Together, we are working to take control of our own lives."

Glenn—*Demonstrating*

"I was one of 200 activists who came to a public meeting concerning plans to establish a nuclear waste disposal site in our state. At the last minute, the location of the meeting was changed to a much smaller room which could not possibly accommodate our large numbers.

"As we waited in the hallway outside the meeting room, I could feel anger and frustration in the people around me. I thought some singing would make the experience more fun, release some of the tension, and create solidarity within the group. I began singing "We Shall Not Be Moved," and soon everyone else had joined in. After half an hour of singing and chanting, the Governor appeared to announce that the meeting would be moved to the Assembly Chambers so everyone could attend after all.

"A cheer went up from the crowd, followed by the triumphant chant, "The People, United, Shall Never Be Defeated." I felt proud and powerful, both as an individual and as a member of the group, knowing that by working together we had won a minor victory and that I had played a part in this event."

How To Start

Political and social action need not always be highly visible or directly related to our democratic process. Large chunks of political and social action are simply the willingness to ask a question, explore differences, seek new ways of doing things, thus affirming one's membership in and responsibility to our troubled society. *We need us!*

Being on the top doesn't make you wise. Being on the bottom doesn't make you helpless. There are many ways to have an impact:

Be knowledgeable. We are surrounded by information sources—TV, radio, newspapers, magazines, resource centers. It never hurts to listen or to ask. Find out what's happening!

Get into a cause. Something bothering you? You're probably not alone! Seek out a group which shares your concerns or bring them up with a group you already belong to. Special interests are what keep us growing.

Be represented. Voting is not all there is to democracy. Does your union, ethnic group, government representative, or newspaper know what's important to you?

Speak your mind. There are many ways to make yourself heard. Spread the word by way of local talk shows, petitions, boycotts, public meetings. (Authority does not make wisdom.)

Give of yourself. Social action is reaching out to others. Get involved as a foster parent, tutor, big sister/brother, Peace Corps, VISTA, good neighbor or candidate for public office. Volunteer! Good resources: League of Women Voters, Voluntary Action Center, Peace and Justice Centers, church social action groups, University Extension office, service clubs . . .

Religion and Spirituality

These days, many houses of worship are much more than places to go for an hour or so once a week. Aside from the more formal worship services offered, religious organizations provide a chance for activities, discussions, education, music, outings and a place to meet new friends. Shop around, find out what's available in your community. Many groups have religious and secular activities planned. Chances are you'll find other people with similar views and interests.

Judie—*Finding Strength Through Worship*

"When I no longer believe in others or even myself, God is still there. In my darkest hours, like when a friend died, when I lost a job and all seemed hopeless, when I flunked a course, when I see others in misery, I live in misery. I curse the darkness. Life becomes a struggle barely worth living. I pray. I overcome. I become strong again.

"When I live in joy my joy is enhanced a thousand times. My religion brings love to every part of my life. When I see flowers, the mountains, the trees, when I love a special friend, I believe in God. Faith, hope, and love are a part of all I do; my reason for living. My intense emotions and feelings are the very fiber of me and what I offer others. They come from the framework of my religion where I have been taught to love and serve. I don't always succeed in my beliefs and principles but then I reevaluate and try again, a little stronger next time.

"My relationship with God is intensely personal yet my greatest joy is to share that faith and love with another human being. I am part of something bigger than myself.

"It is truly an altered state when the music soars to the heavens and we rejoice in singing of our love and belief in God and in each other. It is a liberating feeling and it isn't something to do once a week, but something I try to make a part of every moment. The ritual of worship is a reminder, a time of rejuvenation, a healing and growing process which enhances my everyday life. For me it is the taking of the principles to work, to play and to relating with others that is the true religious experience.

"Although life is an incredible struggle at times, I believe we do not live in isolation from one another. Our lives are lived in common. We need each other and need to love one another and, for me, that is the basis of religion and life at its fullest and richest. It is what keeps me going at times, especially when I feel the weakest and most fearful. It is my personal strength. It brings love."

John—*Discovering Something More*

"Organized religion and I have never gotten on well together; but I have found another approach to spirituality that doesn't involve a path defined by Christians, Jews, Moslems or Buddhists. It's a broad road with room for many different styles.

"Very simply, I believe that there is creative intelligence, a higher power, underlying the totality of things. The world didn't 'just happen;' there's more to it than that. It is easier for me to understand this concept while taking in the incredible beauty of a Colorado forest or Pennsylvania's lush, green hills, being awed by the ocean's thunder or watching the sun rise in my own Wisconsin. The natural state of things gives us glimpses of the power and majesty of this creator. Modern Western society is caught up in the temporary importance of buildings, schedules, politics, work and video magic. But almost all of these are here on day, gone the next; part of the disposable age. In the simplest aspects of life, the things that never change, we can begin to hook up with the higher power: the wonder of the human body without designer jeans; the magnificent towering trees and plant life that somehow survive all; the rich, black soil of a freshly plowed field; a baby knowing how to smile without being taught. These things transcend science, politics, fashion and fads. They are part of the *real* world we have been given, beautiful, timeless.

"It is my vanity, my thinking that humankind is the alpha and omega of existence, that blocks my understanding of this higher power. It is hard for me to admit that people are not in total control of everything, even our own lives. You would think that surrendering this belief in total control would leave only empty

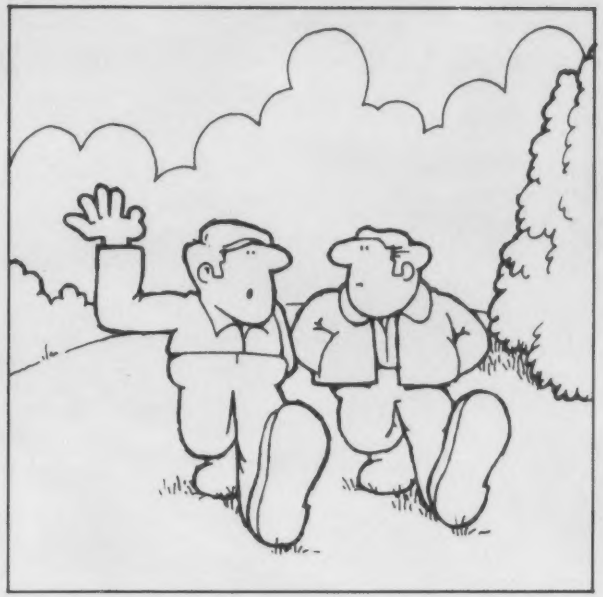
space. Oddly enough, it's just the opposite — a space opens that fills up with a feeling of peace and calm; I find myself glad to have turned over the role of "controller" to something or someone else. It's not giving up power; it's the discovering of a whole new kind. Surrendering my addiction to self-importance, things that were important only for today, frees me to consider spirituality.

"When I'm very old and look back, the stereos, cars, hula-hoops, status, and all the money I've made will make absolutely no difference at all. What will make the difference? Maybe it will be the room I've made in my life for appreciating the natural world my higher power has given me, the space I've made to let in the feeling of calm, and the time I've taken to consider myself just one small part of our creator's bigger plan.

"Understand, I'm not even close to being good at all this. I am easily swayed back to being part of the world that has no time to think of anything but itself and its objects. But then again, some days I do much better. I'm working on it."

Resources

- The Religion section of your local library or bookstore
- Church libraries
- Basic religious texts
- Studies of religious art, music, architecture, etc.
- Ecumenical groups
- Church and clergy of your choice
- Examining the culture and historical aspects of religion by visiting places of worship in ethnic neighborhoods, going to ethnic-religious festivals, or visiting or studying about the country which is the source of the religion.



Sharing and Giving

Louise—*Offering What I Have*

"I have a car that I don't use very much during the week. On the weekends I use it for getting out into the country or to go to fairs and auctions. My friends without cars know I will take them somewhere or let them use mine if they need to. I know most people don't lend out something as important as a car, but I do.

"The part of sharing that I really like is the by-product. First of all, when I go out into the country or to a fair, I ask some friends to come along. Even if they can't come, I like making the offer. It is great for everyone to get out of town once in a while and see the scenery and the seasons.

"We get to share the fantastic sunny days of summer in the county or the dreary days when rain dampens the county fair but not our spirits. I like sharing my time and whatever else I have with my friends — and my friends do the same for me.

"I don't have to share with only my friends. I have neighbors who I don't see socially, but we always visit a little from time to time. One neighbor is an older widow who I sometimes do a little shopping for. One time I needed some extra clothesline and she gave me some to use. That is sharing and giving to me. It was a small thing, but it made me feel good because I felt like a part of the neighborhood.

"I read all the time about people in the community who have volunteered months or years to certain organizations. That is a sort of giving that not everybody can do; it takes a lot of time and commitment. It is great if you can, though. But if you can't, there are a lot of day-to-day things you can do that take only a moment and they'll make you feel great!"

Other Ideas

- ★ Make a list of some local organizations or projects and choose one that interests you. School clubs, 4-H, the local "Y", civic groups, etc. always need assistance.
- ★ Contact the major health organizations such as the March of Dimes, Heart or Lung Cancer Association, etc., and offer your talents. Some towns have voluntary action centers which will help you make a contact. If you want to get involved you can do it anytime during the year.
- ★ Look in local newspapers and see what groups are announcing their next meeting. These meetings are usually public — go!
- ★ Don't be put off if the first time you try something it isn't just terrific — try again and meet the new people. There are a lot of ways to meet new people, and offering something positive of yourself is the best way.
- ★ If you don't want to join an organization, think about the people you know who might need some assistance. Are any of them disabled, elderly or tied down in some way that may require help from you? Offer it.
- ★ Are there any skills you'd like to teach someone or acquire yourself? See if you can offer an exchange with others or start an exchange board in a nearby school, church, community or shopping center.

Relaxation

Our lives are full of stress. Some degree of stress is good; it can motivate us to try new things or accomplish our goals. But stress is also an important factor in the majority of physical and emotional ailments that we see doctors about, from hives to insomnia to heart disease. Each person has their own appropriate level of stress at which they work efficiently and pleasurably. But it's a thin line between stress being a helpful motivator or a harmful influence on our lives. Learning to relax is one way of coping with stress, of maintaining that critical level of the "right stress".

Barb—*Conscious Relaxation*

"Home at last. What a lousy day! All those things I could have said, but I didn't think of at the time. And getting angry over such a silly thing, what could I have been thinking? What a hassle.

"O.K. lie down on the bed. . . . There! Ooops, shoes off. . . . Better. A couple of long, deep breaths; blow them out slowly. Eyes closed. Let's see; a mountain stream — no, soft clouds rolling over a grassy hillside — that's it. . . . Peaceful. Quiet. Let the body go limp — that's it. S L O W it down.

"Now tense up just the feet — all the foot muscles I can muster. Tense, tenser, as hard as I can, tighter, H O L D it . . . let it go! Relax the feet, let those feet totally unwind. The muscles now loose, feel limp. I can almost feel the blood running through them. They tingle. The feet are now dead weights sinking into the mattress. Feels good. Sure feels different than when they were tensed up — that was like my head and neck felt today, all knotted up after that argument. Feels strange to have feet so limp and loose, but it also feels good.

"Now on to the legs. Same routine. Holding them as tight as my muscles can . . . then relaxing. Legs sink into the mattress, feeling just barely connected to me. On to do the same thing with the buttocks, arms, hands, back, stomach, chest, shoulders, neck, head, and face, all in turn, one at a time, being as tight as they can get, then relaxed — totally.

"Now my entire body feels like just so much dead weight, sinking into the mattress. My body is at peace. My mind is alive and well, my body shell dead, limp, rather silly. A calm descends on me. My thoughts are slow, easy, pleasant. I feel half the world away from the hassles of the day. I'll stay here for a while and enjoy. I am relaxed.

"This is progressive relaxation. It's an exercise that you can do to take the starch out of an overly stressful day, to help you fall asleep, or simply to feel good. It's awkward at first and may only partially work. If you decide to try it, keep at it — it gets easier. Some people get so practiced at this that they are able to "untense" themselves practically on command when things get stressful. For myself, I do it to unwind, to clear my head so my thoughts are clearer and more precise, as a way of slowing down my tendency to go faster and faster, and also to simply be at peace. It works much better than a couple of drinks because my thoughts are much clearer afterwards. And it works much much better than the Valium a doctor once prescribed for me to "help me relax;" the pills just made me feel useless. Progressive relaxation makes me feel rejuvenated, capable and peaceful."

Some other forms of relaxation include:

Massage: There are many kinds of massage developed for different purposes. Some are for health, some for relaxation and some just because they feel good. Try giving a friend a hand or a head massage. It's a nice thing to share.

Bathing: Bathing can be a delightfully relaxing and pleasurable experience. Listen to some relaxing music, sink into a hot tub (maybe even with bubbles) and give yourself fifteen minutes to half an hour to soak away the tired feeling in your body. Let your imagination free, take the time just for you.

Saunas: Saunas, I am told, are marvelous experiences. You sweat off all the scuzz in the hot sauna, then rinse off with cold water and finish up with a hot shower. See if anyone you know has taken a sauna and have them describe it to you. Then find one and indulge yourself.

Naps: Have you ever felt that a little nap would be just what you need? Maybe it seemed foolish to take a nap in the daytime or the early evening? Go ahead and try it once. See how it makes you feel afterwards. It could be that your body is really trying to tell you something. Pleasant dreams!

Art and Art Appreciation

Unfortunately, many of us have been told at an early age that we can't draw or carry a tune or dance with rhythm and grace. **What Nonsense!**

Art is something to give you pleasure, a way to express yourself — not a lesson to be graded by others. Pictures, music and designs are all around us. It's not a question of what's good or bad, or what you do well or not — it's more a question of what you enjoy.

To begin, clear away those old criticisms and instructions that killed all the fun. Forget messages like — "You're making a mess" or "look how neatly your brother draws" or "you're so clumsy" or "be quiet, dear, you're making too much noise.!" Assume that how you express yourself artistically is nobody else's business.

This means that if you want to draw or paint or color, go ahead! No one else needs to see it if you don't want them to. And what right do they have to be critical — who asked? If you want to sing, go ahead. Singing in the shower is fun — wonderful echos! But if you want to sing elsewhere at home — why not? Surely your natural voice, the one you were born with, is a great deal more pleasurable than the howling of TV commercials and the noise of automobiles and lawn mowers. . . . If others complain, let them. It's usually because they're too embarassed to enjoy their own singing voices. (They've probably had the same negative messages that you've received.) Encourage them to stop worrying and join in.

John—*Photography*

"Out the door and down the street I go again, camera bag over my shoulder, feeling the weight of all my lenses and meters. Usually, I have no idea where I'm going. Left turn by the school, right turn by the Italian market. My toes are starting to ache from the cold. I feel like I'm being taken somewhere, but I don't exactly know how.

"Into a junk yard. An old man mutters something about trespassing but his kind face and sparkling eyes belie his gruff words. Past carcasses of old cars, lamps, a bathtub which probably cradled squealing kids and plastic boats 20 years ago. And there it is, proudly adorning the top of a pile of rubble: rusted bed springs. Twisted and contorted in pain, one spring unwinding above the rest like a young plant reaching for the warmth of the sun. I look in the viewfinder — all wrong. The spring is lost in the confusion of the background. I put on the long lens for shorter depth of field. Now the spring is in sharp focus in front of a background of swirling colors. I cock the shutter. The light meter approves. I move in and isolate the spring even more. Down on one knee; no, over to the left just a bit. Still not right. I turn the camera vertically, and STOP! There it is! I know this is it just as sure as if I'd seen this picture before. Focus through and back . . . there! C l i c k. The ballbearing shutter train moves with musical precision.

"There it is. My absurd bedspring proudly unwound away from the chaos, reaching toward the sky, proud. I smile, filled with a childlike anticipation. I can see a sheet of paper in the developing tray, an image slowly appearing out of nowhere. I feel a kind of excitement that I don't feel for anything else.

"Camera back in bag, toes complaining even more bitterly now, I move on, deeper into the recesses of the junk yard, in search of something I can't explain, but know I will find."

Rich—*Painting*

"Painting is always a thrill for me. Sometimes it exhausts me and sometimes it fills me with energy, but it is always exciting, the joy of taking those pure colors, globbing them onto canvas which bounces and fights back. A picture seems to come out of the air. It has a life of its own.

"Cutting, pasting, coloring, or drawing, it's all the same. I communicate to myself. I wander into all kinds of fantasies. I create new worlds and people, all kinds of feelings and thoughts. It's nice to have a piece turn out well and sometimes to have someone recognize my feelings. Yet once a piece is done, I don't care much about it or how good it is. It's doing it that's fun — no one can criticize my private thoughts. No one can invade my fantasies — they're mine and I can wallow in them and have a tangible result that says whatever people want it to say. If I want to say I'm

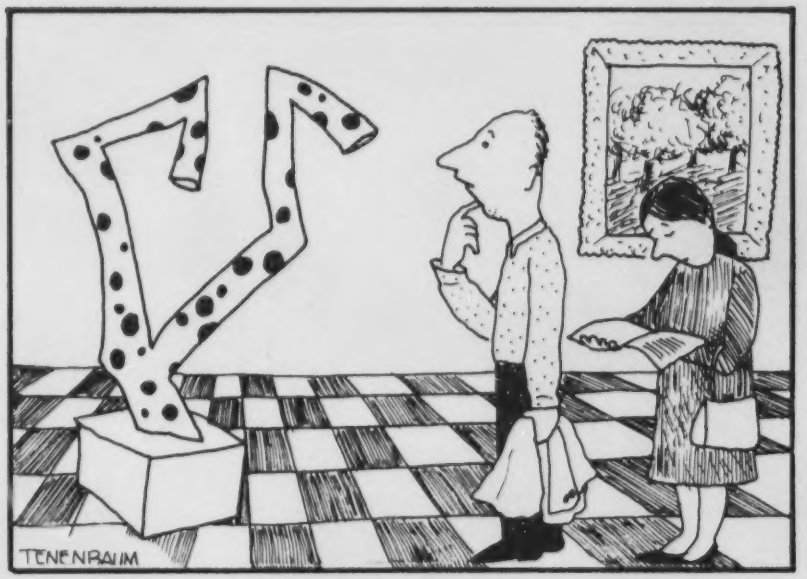
sad, I use blue. Doesn't mean I'm miserable, only that there's some blue inside that needs to come out. Other folks can look and see darkness or sky blue or summer or joy. That's o.k. For me, what's important is that the blue gets out and it's gone — and then there's more room inside for other, newer feelings.

More Ideas

If you want to polish off some of what you consider to be the rough edges, take lessons. Almost every county or town has music, photography, art and dance lessons available — privately or through a school or club. Many colleges and even high schools have facilities for learning to use photography, television and motion picture equipment. Or, if you want to be less formal about it, get out an instruction book from the library.

You can also enjoy the artistic creativity of others. Go to a museum, art gallery or concert. Watch the TV listings for concerts and dance programs on public TV. Don't worry about not understanding. Just look and listen and think about what you like. True art appreciation doesn't mean being forced to listen to an opera or to be able to analyze the life of the painter behind the painting. It is simply having some ideas about what you like or dislike, and why, and then pursuing what pleases you. If you want to know more there are always classes and books available.

Another thing you can do without much effort is to support local artists by buying their works or attending their performances. There is a lot of expensive art, and many reproductions are available for purchase. But for a small price you can have your very own *original* — one of a kind, or one of a limited edition. Maybe it isn't a masterpiece, but it is something you can own and enjoy. Summer art fairs are held all over the country, as are shows, throughout the year, at schools, colleges, libraries and shopping malls. Have fun!



Readings

John Berger, *About Looking* (Pantheon, paperback, $4.95)

Leonard Bernstein, *The Joy of Music* (Simon & Schuster, paperback, $7.95)

Editors of Eastman Kodak Co., *The Joy of Photography* (Adison-Wesley, paperback, $11.95)

Alan Rich, ed., *The Simon & Schuster Listener's Guide to Jazz; . . . to Opera* (Simon & Schuster, paperback, $5.95 each)

Ben Shahn, *The Shape of Content* (Harvard, paperback, $2.95)

Gertrude Shurr, Rachael Yocom, *Modern Dance Techniques and Teaching* (Dance Horizons, 1801 E. 26th St., Brooklyn, N.Y. 11229, paperback, $7.50)

Living Lightly on the Land

"Living lightly" has two rewards. The first, of course, is saving money. The second is saving the earth by using up less, avoiding waste, and sharing what we have. But whatever your motive, you'll discover many hidden benefits to satisfying your material needs without spending much money.

Carol—*Doing It Yourself*

"On a cold evening in mid-December I was sitting down to feast on the meal I'd just prepared when it dawned on me that nothing in front of me was purchased from a supermarket. The meat my father gave to me after a successful hunt; the potatoes were from his garden. The broccoli was from my own garden, and I had canned the applesauce from apples given to me by a generous friend.

"All the hard work and effort that go into gardening, canning, freezing, pickling and making jams and jellies is worth it to me. I not only save money this way, but also have a good feeling when I pour the pure maple syrup that my father processed from scratch over my pancakes; not to mention how good it tastes. There's a terrific sense of security when I see my freezer chockfull and my shelves stocked with the harvest."

Ted—*Sharing*

"I had always considered a car a necessity until gas prices doubled one summer and I decided maybe I could get along without one. I had no trouble managing on foot, bicycle or by bus. But when September rolled around, I got lonely for the Smoky Mountains and wished I had my old beater back. Buying another with my income was out of the question, but I wondered if a friend of mine would be interested in forming a cooperative to share the car I sometimes borrowed from her. We brought a third person into our talks and ended up making Walter, an aging Dodge, a real family car.

"The three of us sealed the cooperative venture with a backpacking trip to the Smokies, and in the two years we shared the car, I can only remember a few times that somebody needed it at the same time somebody else did. The problem was always resolved amicably.

"There were many unexpected bonuses that came with the cooperative. The money saving angle, of course, was one. Each of us paid one-third of the maintenance, insurance, and other fixed costs. Then there were the emotional rewards: there was always somebody to commiserate with if I had a flat tire or the radiator overheated. And if something needed fixing, it wasn't always me that had to take care of it. I remember one Sunday when Leslie and I put in a new starter. I would have given up after the first bolt wouldn't budge, but somehow having somebody to share the frustration with gave me energy to see it through. Six hours, four skinned knuckles, and five pounds of grease later, the car turned over and purred in response to a job well done. Les and I patted each other on the back as if we'd just won the Indy 500 and drove off smiling into the sunset."

Ryan—Recycling As A Way of Life

"It's time to restock my shelves, but before I go to the grocery co-op, I have to get packed. First, a sturdy box to carry things in. Now, let's check to see what I can take back. No empty milk bottles today, but there is an egg carton that can be used again.

"Now, a look at my shopping list. I need some cooking oil — that calls for an empty bottle. A couple more jars are needed to hold split peas and rice, a gallon jar that I keep flour in, and a baby food jar for dried parsley.

"Okay, what about fruits and vegetables? I want mushrooms, so a plastic bread bag will be needed. And apples are in season, so I'll get a lot of those. Better use one of those heavy, flat-bottomed bags from the hardware store. And I always throw in a few extra bags because you never know what else you'll want once you get there.

"I carry my box to the garage, set it into my little red wagon and off I go to the co-op.

"My co-op is the luxury kind — they provide shopping carts, so I can transfer all my containers into one. A quick trip back to set my egg carton on the pile for recycling, then I start filling my jars and bags. First, I weigh an empty jar, then fill it with oil from the barrel spout and weigh it again. I fill another jar from a large drum of beans. It's a good thing I brought extra bags, because now I remember I want spaghetti. I weigh out a half pound from a large box.

"Now for the vegetables. Which ones look good today? I try to stick with what's in season to save money.

"As I check out, I tell the cashier the prices and he rings them up. Food is expensive, but I'm glad to know that at least I'm saving by packaging it myself in my own recycled containers. Spices at the regular supermarket, for example, cost ten times more — all for the packaging and advertising! I'm also using less paper, plastic and glass than if I bought my food in throw-away packages.

"One last errand before I go home — I pick up an empty flour bag from a pile of 50-pound sacks that the co-op gets their grain and beans in. This is for my trash. But of course, by re-using as much as I can, I don't have much trash."

Other Ideas

Save money by **making things yourself**. If you have time and are willing to scrounge, just about anything can be made for less money than stores are willing to sell it for. We know someone who made a very effective sauna for less than $10. Sears sells them for several hundred dollars. Shop discriminately: take into account quality, utility, and price.

Shop at, join:

Warehouse supermarkets
Food co-ops
Mail order clothing co-ops
Book co-ops
Non-profit, community minded pharmacies
Health Maintenance Organizations

Use available systems:
Public Transportation
Libraries
Credit Unions

Buy it used:
Goodwill, Salvation Army, St. Vincent De Paul and Mission Stores are terrific places to shop. Look in newspapers for auctions and rummage sales. Look in yellow pages for junk stores, used book stores, salvage yards.

Grow it yourself:
Have a garden, can, freeze and dry food to eat all winter. Raise chickens, goats, pigs, cows . . .

Your junk is valuable:
There are people who can use clothing, cars, sinks, furniture, books, records, motors, dishes, lumber, tires, appliances, plants, TV's, radios . . . you're about to throw away.

Also:
Start house plants from a friend's cuttings
Give to a friend
Have a rummage sale of your own
Donate to local community groups, churches, high school clubs etc. for their yearly rummage sales.

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Readings

B. Angier, *One Acre and Security* (Random House, paperback, $4.95)

James Crockett, *Crockett's Victory Garden* (Little, Brown, paperback, $12.95)

N. and D. Goldbeck, *The Supermarket Handbook. Access to Whole Foods* (New American Library, paperback, $2.25)

Arnold and Connie Krochmal, *Making It. The Encyclopedia of How To Do It for Less* (Drake, paperback, $6.95)

Peter and Craig Norback, *The Consumer's Energy Handbook* (Van Nostrand, paperback, $14.95)

Thomas and Betty Powell, *The Avant Gardner. A Handbook and Source Book of All That's New and Useful in Gardening* (Houghton Mifflin, paperback, $6.95)

Norman Stark, *The Formula Book* (Avon, paperback, $1.75)

Magazines: *Consumer Reports* (P.O. Box 1000, Orangeberg, New Jersey 10962; 12 issues a year — $12.00 yearly); *Countryside* (Highway 19 East, Waterloo, WI 53594; 12 issues a year — $11.95 yearly)

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Crafts

Carol—*Sewing*

"The adventure of walking into a fabric store is a sheer delight to me. My mind explodes with ideas as I stroll around the store looking, studying, and feeling all that fabric. As I look through the pattern books my imagination goes wild and I begin to envision all that material cut up and sewn into ideas of my own.

"After some deliberating and telling myself I can't afford the fifty-some patterns I've picked out I decide on two. Picking out the fabric isn't too much trouble except I usually walk out with more than I intended to buy.

"Cutting the pattern out is my favorite part of sewing because it's easy for me and goes quickly. Sewing the garment and watching the fabric become a dress is a rewarding accomplishment, but the best treat of all comes from wearing my finished creation. There's a sense of pride and joy when someone compliments me or says, "where did you get that?" and I can say, "I made it." There's even more satisfaction that goes along with making my own clothes, and that's when I go shopping and find almost the same dress I've made for twice the price.

"I like clothes, especially a variety of them, and the one way I can have as many as I like is by sewing my own. To me, sewing is a source of pleasure and relaxation. In fact, if I had my way, I'd just sit at home and sew all day to finish all the ideas I have for quilts, wall hangings, pillows, embroidery designs, suit coats, winter coats, pants, skirts, smock tops, curtains, toaster covers, table cloths, potholders and mitts . . ."

Other Ideas

Sewing is only one of the many arts and crafts people enjoy. Look into folk dancing, playing a harmonica, silo-singing or Norwegian Rosemaling. These can be shared anytime, anywhere, with anybody.

There are endless ways to express your creativity. Look at the room you're sitting in. Does it reflect you? By changing a chair around, by moving a plant or a bookshelf, does it make it more *you*? Go ahead, try it. Learning to do something, accomplishing the task after a hard struggle, and having it turn out well is a reward in itself. Your enjoyment of other people's photographs, quilts, leather goods, ceramics, sculptures, collages, beadwork, macrame, paintings and singing is intensified by your own artistic attempts. Ask someone you know to take the time to teach you.

Crocheting, knitting, and weaving are crafts which will fill time during the cold seasons. You can make your own sweaters, mittens, hats, and afghans. Ask at your local yarn or fabric shop for referrals of people who teach or sign up for a class at a vocational/technical school or the university extension services.

Be generous with your crafts. When you're thinking of giving your creation to someone as you're making it, the act of giving means a lot more. It's feasible that someday, you could earn a living or supplement your income selling your crafts, though at first, it's not always easy to part with things you've made. There are as many arts and crafts as there are people. What's yours?

Ira—*Shopping at Craft Shows*

"Anticipating a craft show is part of the fun . . . speculating on who I'll see and what I'll buy. Wondering what I might want for the house, for me, for my friends and family, I prepare a list of things I want. That way I won't get overwhelmed by all the things I see.

"For me, the day is like an adventure tour. First, I rush to get there early so I can easily find my favorite craftspeople and buy their best items before they get snatched up. Then I wander around the rest of the show looking to see who else is there, thinking about what else I want. I like to spot craftspeople by their style, colors, materials. It's really fascinating to compare the varieties of work by people using the same medium.

"By late morning the streets are usually crowded with browsers and buyers. One craftsperson is explaining her technique while another grins after a good sale. By now the show is in full swing.

"A craft show assaults my senses . . . I like touching all the textures, the roughness of pottery, the wools and weaves of textiles, the hotness of blown-glass in the sun, jostling crowds, heat

and humidity, kids with balloons and dripping ices, sounds of musicians and vendors, getting ideas for my own projects and being tired at the end. I go home satisfied with the things I'd purchased, but always wonder if I'd spent too much and should I have bought that _____?"

DT, Bagman—*Selling My Wares*

"You know, I make bags — all sorts. Not just make them — I design, cut, sew, order, organize and pay taxes for them. I also sell them. Art Fairs mean a weekend gypsy life: home this week, then Chicago; did you hear of a good fair in Kalamazoo?

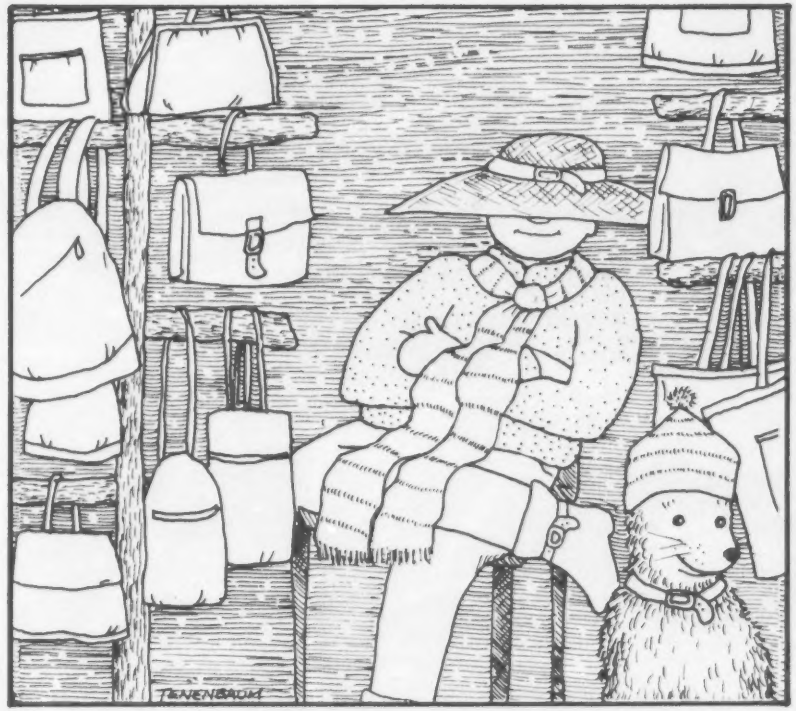
"Craft? Yes, but small business also. Art Fairs — expect *anything*.

"Fair impressions: 'Sir, do you have this bag in brown?' ('I'll look.') 'You do custom work . . .?' ('No, I have enough problems.') 'Weren't you here last year?' (Well, seems *today's* a year long, I was up at four, drove 'til ten, then set up my wagon, then try to act civil.) 'I really like your work.' ('Thanks.')

"Loyal customers make it all make sense. They trust me! Incessant critics — you can keep them. Long hours, slow days, rain; it gets hard. But don't get the wrong idea — I'll be back next year, my sixth, with a few new bags, some purple canvas and a dozen minor improvements. I'll see more old friends, trade with the best potters (everyone needs a useful bag). I'll be older, wiser, smarter, and who knows what else. It's satisfying, meeting my buyers, earning a right livelihood, setting my hours (at least during the week). My terms. My bags. *My work.*"

Resources

- Contact the State Arts Board in your state and nearby states. These organizations will provide information on activities throughout their states as will statewide tourist offices. You may be able to subscribe to a publication which will inform you of demonstrations and fairs. Also, check your local newspapers — especially on Sunday.
- Vocational, technical and high schools offer a variety of classes, often in the evening.
- Join an arts and crafts fair or co-op to sell your wares.
- School and church groups often organize craft bazaars. Shopping malls are often the sites of off-season craft shows.
- People who work at fabric, leather, bead and hobby shops may have contacts and display samples.



Readings

Check the arts and crafts section of the bookstores or library for books on stenciling, origami, papermaking, leatherwork, copperworking, applique, wood carving, macrame and more.

"The Goodfellow Review of Crafts" (P.O. Box 4520, Berkeley, CA 94704, $10 for 12 issues) — for both craft appreciator and craftor.

"The Crafts Report. The Newsmonthly of Marketing, Management and Money for Crafts Professionals" (700 Orange Street, Wilmington, Delaware 19801, $13.50 for 11 issues).

Foxfire (Anchor/Doubleday, paperback, $6.95 each) — a series of books about traditional crafts, homesteading skills and life.

Communication

Dennis—*Letter Writing*

"In the past ten years I have lived in four different cities and have met a lot of people. In each city I made a lot of good, close friends. I don't live near them anymore but through phone calls and letters I keep in touch with my family and four or five closest friends.

"My letters are very special. I think about writing for a day or two and then I sit myself down by the typewriter and zip off the pages. I guess my letters are sort of stream-of-consciousness, but I make them funny and exciting. That way they are fun for me to write and I can imagine my friends' enjoyment when they read them.

"Everyone loves to get mail, especially from friends. People tell me they can't believe how many letters I write. They ask what I find to write about. I've decided it doesn't really matter what I write about; communicating is the important part. I let friends know that I've taken the time to sit down and think about them, and later they have a piece of paper in their hands with my personal message on it.

"Sometines I fantasize about my letters and who might read them in the future. If anyone I know gets famous, I could go down in history as one of their famous friends!"

Rich—*Letting It Out*

"I don't have a lot more to say than most people but keeping it all inside eats away at me and makes me feel like I'm gonna burst. Dentists say I have real expressive eyes — hah! Who can talk when your mouth's being drilled at and full of cotton, hands, rubber, and heavy metal instruments? So of course, I have to say ouch with my eyes.

"But other times I just need to talk — with my hands, my face, my voice, (even try to send thoughts by telepathy — only works when I don't try), my writing, my painting. Love to send letters to friends — hate to sit down and write 'em. Forces me to think about what I've been doing, enjoying and hating in my life. It always surprises me when they say how funny and wonderful my letters are. It's hard work — almost like writing a catalog — to do it. But boy, what a high feeling to send it out. It's like sending hugs — letting people know I'm alive, saying I still dig knowing what's happening to them.

"The writing, once I get to it, brings all kinds of memories, old feelings about friends, how I miss them now, how we can get together, hopefully, how I've changed and how we're still friends. The folks I don't want to write to anymore are those I've grown away from. Those I wanna write to (even if I don't get around to it) I put down in lists — makes me feel good to know there are still some emotional links to them — that we're still friends after all those years, times, and miles apart. What a thrill around Christmas when I get some of those annual letters."

Keith (a youth at a drug abuse treatment center)—*Reaching Out*

"There was a time in our life when we thought we could manage all by ourselves without the help from others, until the time came when we became lonely. We got so used to trying to do everything by ourselves it was hard for us to try to open up to someone. We believed we would be rejected because we had to put a front on and deep inside we knew we were not the same people.

"I finally opened up and it's the most beautiful feeling I ever had and that is something I'm not going to lose."

Other Ideas

Talk to a Friend or Relative

The nice thing about talking with friends and relatives is having someone to share with. It reduces the burden of keeping stuff inside and can expand your joy. There are times when what you want more than advice is someone to just be quiet and listen to you. In that case:

1. Pick someone you feel safe and comfortable with.
2. Tell them you need someone to listen to you.
3. Suggest they do just that — maybe even ask them to do nothing more than ask questions which will help your thinking.
4. Decide what you want to talk about and stick to it — chit chat can come later.
5. Turn it around and give them your attention so they can let things out. It will probably strengthen your relationship remarkably.

Telephone

One easy way to talk to a friend is over the phone. Just take five. Maybe call someone you haven't spoken to in years or months. Feel the excitement just thinking about the call? Embarassed by your long silence? Find an excuse to share something, like a birthday message, a new recipe, a piece of nostalgia, or a piece of yourself. It's all a way of saying, "I'm alive!"

When you're alone out in the country or in the city and can't get out, phoning is better than a letter because it takes away the isolation and you can deal with what's at hand immediately. You don't have to wait days for a reply about the thing you're facing right now.

Long distance phone rates are lowest 11 p.m. to 8 a.m. daily, all day Saturday and 8 a.m. to 5 p.m. Sunday. It's cheapest when you dial without operator assistance.

Song and Dance and Other Signs of Life

There are hundreds of ways to express yourself: act, dance, play music, sing, use sign language, learn a foreign language, ham radio, visual art, audio and video tapes, discussion groups, advocacy/support groups, write a diary or autobiography, poetry, body language, massage, mime, visit with people. Doing any of these things can make you feel alive, wanted, active and better understood. Look around — no matter where you live, you can find others to join.

If you want to express yourself, do it. Don't be put off if your first class or meeting is awkward. Keep at it and get familiar with the new people you encounter. Even something as down-home as Appalachian clogging will take perseverance.

Resources

- Check with local schools, churches/synagogues, library or community center for ongoing programs.
- Look at your daily newspaper for poetry, theater, dance, music, public speaking or other groups. If their meetings aren't listed, their public performances usually are and you can contact them that way.
- Write: PenPals, c/o International Institute, 1694 Como Ave., St. Paul, MN 55108

Readings

Julius Fast, *Body Language* (Pocket Books, paperback, $1.75)

Marshall McLuhan, *Understanding Media. The Extensions of Man* (Mentor, paperback, $1.75)

Edwin Newman, *Strictly Speaking* (Warner, paperback, $2.75)

Mario Pei, *The Story of Language* (Mentor, paperback, $2.25)

Entertainment

"It's easy to entertain myself with entertainment or a movie, but sometimes I want to do something different. I have found that the unique things to do are usually a little hard to find out about and take some searching.

"Just recently, I heard about a harpsichord concert being given at a local college. After a few phone calls I found out when and where. A man built four harpsichords and performed on them with three other musicians. I don't know too much about classical music but I went anyway. It was free and better than watching TV reruns. Afterwards the audience was invited to come onto the stage to look at the harpsichords and ask questions. I even got to play one! It was real exciting.

"The point is, if I didn't kind of force myself to go out and do something new, I never would. There are lots of things I can do and now I do a lot more of them. One of the first things I ever did alone was to go to a lecture sponsored by the local 4-H. I ran into some people I knew and we ended up organizing a weekend camping trip for some junior high school kids.

"Sometimes I feel like I haven't done very much, but if I stop and think about the things I do and what has resulted from them — I have done quite a bit.

"When I lived in the city, there were a lot of things to do. There was music all around, shows, museums, stores and restaurants. All I had to do was look in an entertainment paper and go out. Lots of times my family or friends would call me and ask me along on their adventures. Now that I live in a smaller community I have to be more resourceful.

"One thing I've learned is that not all entertainment costs money, and not all entertainment takes place outside my home. I can be entertained at home or at a restaurant. I can invite people over and they can invite me. Getting into a regular card-playing night is a fun and easy activity. Whatever I do in my spare time is entertainment — and I do it on my terms.

"I even keep a notepad where I write down dates and times of anything that even mildly interests me. About two months ago I wrote down that sandhill cranes would be migrating through the dunes area of southwestern Michigan during the first weekend of November. It didn't sound like the most exciting thing in the world but it sounded interesting. I'll give you one guess where I just got back from."

Other ideas

Radio, records, concerts, dances, variety shows, theatre, local sports, amusement parks, parties, dinners, books, travel, festivals and fairs, cooking, carnivals, museums, games, races, gambling, auctions, window shopping, charades, lectures, parades, food festivals, pets, friends, people watching, tinkering, roaming . . .

Resources

Check your local newspaper, free advertising papers, Chamber of Commerce, social clubs, schools, posters at shopping centers, ask friends, tourist information office, local radio public service announcements. There are countless offerings from clubs, universities, libraries, charity groups, etc.

Pots and Pans in Hand

Nancy—*Cooking*

"I enjoy spending a free day cooking a dinner for my family and friends. I love to cook. For me, it's an artistic way to express who I am. No one else can take the same ingredients and come up with quite the same results. I put my personality into my creations. That's what makes it fun.

"I especially enjoy making foods from other countries. It's a way to explore them and I find they often use less of the expensive ingredients, like meat, per serving. I carefully pore over my foreign cookbooks or curl up in a chair near the cookbook section of the public library. I've so keenly developed my sense for foods that I can generally tell what a recipe will taste like just by reading it. Paging through those lovely cookbooks I get a real feeling for what the people are like. The meat, vegetables, and spices they use tell me something about their climate, economy and land, and through the notes thrown in with them I learn about that country's history, its wars, its feasts, its famines.

"Then it's time to begin preparations. I'm master of my stove and pans. Meats sizzle, spices dance in combination with gaily colored vegetables in an array of pans and skillets that cover the stove. Aromas swirl up around my head and dazzle me, tempting me closer for a little taste. Add a little this, a little that . . . it's so much better. The recipes are coming to life!

"My friends are chatting and waiting for the first taste of what I'm making. I know they love to be invited to one of my special dinners so I try to make each meal a little better than the last. It's exhausting — I'm really tired at the end of a meal as I slump into a comfortable chair in my living room, but the ooh's and ah's of my guests make it worth my aching back, tired feet and heavy eyelids.

"My cooking is a magic carpet which transports me and my friends anywhere in the world. Why, I can take you to China, Brazil, France, Hungary, Mexico, India, almost anywhere. It gives me a great sense of accomplishment to be able to whisk people away to another time, another culture, to new experiences. It's an adventure. It makes me feel good to know that I'm a good cook; that my friends will drop almost anything to make it to my house for dinner. And my greatest moments are when someone asks me for one of my treasured recipes. It's like sharing a little bit of me and my life with my friends."

Al—*Planning and Buying*

"There are a few things Nancy does not mention. One is the dishes afterward — and I don't want to mention those either. Two other things I enjoy about cooking are fitting the foods to my guests and buying the foods.

"Planning a meal is something I can think about for a whole day or even a couple of days in advance. First, I think of who I want to invite over and what they might enjoy eating. I have some German friends and have made heavy platters of sausages and potatoes for them. Some of my friends are vegetarians so I think about thick rich soups for the winter or unique salads for the summer. I get to be master of the menu just like Nancy gets to be of her stove and pans.

"It is my choice whether the menu will be light and the dessert extravagant; or the other way around. Sometimes I decide to go all out and make a meal for an army and top if off with a disgustingly rich dessert. Other times I have planned on a shoestring and made a simple spaghetti, a casserole or an inexpensive Middle-Eastern dish using protein-rich beans. If you are really on a tight budget, you don't even have to bother with a whole meal for your family or friends. Try making a batch of home-made shoestring potatoes and see who shows up to eat them. (I bet someone will if you let them know what you are making.)

"Buying the ingredients is another part of the meal that I like a lot. One of my first thoughts is: what is in season? In-season foods are usually the least expensive and always the best. You can ask your grocer which vegetables are the freshest or which meats are really nice. They know, and they like to help people enjoy their food.

"Another joy of buying the ingredients is exploring some of the ethnic areas of your city, a nearby city, or that aisle of the grocery where you never buy anything. The part of the country you live in has a lot to do with what will be in the stores. I live in the Midwest, so I don't get to cook much with seafood, but if I lived in Texas — I would look for Gulf shrimp. Each part of the country has its special food. It might be Mexican food in the Southwest, Scandinavian food in the North, European foods in the East or "home cooking" in the South. Most cities have Asian food stores, Italian groceries, Jewish delicatessens, spice shops, health food stores and other specialty food shops.

"One of the things I like best about shopping at new places is that I meet new people. I ask questions about what some wierd-looking dried fish is and what it is used for. The Italian grocer always asks me what I'm making and we talk about different ways to make things. Sometimes, we even talk about things besides food."

Resources

- Borrow cookbooks or magazines from a friend or the local library and experiment!
- Check your Yellow Pages for listings of specialty food stores — there might be a lot of them, or you might discover a local creamery, poultry farm or sausage factory.
- Write to a country's embassy in Washington, D.C. and ask for recipes or favorite national dishes of their country.
- Look into the nearest adult education program or the vocational/technical high school. Lots of cooking classes are offered in things like French or Chinese cookery, cake decorating, micro-wave cooking or good old fashioned sauce and gravy making.
- Get in touch with friends or relatives who have made foods you really liked and ask them if they would give you the recipe.
- Form a dinner club with your friends and rotate making meals for the group. You might want to have a theme for each get-together or make it a pot luck.

Hobbies and Collecting

People can collect just about anything: facts (statistics, football scores), records, baseball cards, books, music boxes, depression glass, beer cans, license plates, pressed flowers, stuffed animals, coins, salt and petter shakers, paper weights. . . . You name it, and someone, somewhere, has an uncontrollable urge to have as many of that particular "it" as can be afforded and obtained.

Susan—*Chickens*

"My passion is my chicken collection. Ahhh — those nesting, brooding, clucking, walking birds set the standard for stupidity, and yet they earn their keep. In hindsight, my interest hatched at my country cousin's wedding reception which took place on the farm. My sixteen-year-old sense of propriety was outraged. The chickens were loose! The chickens were free to mingle with the wedding party and guests. What contrast! What absurdity! Someone had invited the chickens! How lovely. This sight tantalized me but it wasn't until recently that its fruit were borne.

"When I began living in the country this 'thing' with the birds became more acute: I needed some! I became obsessed. I had to own chickens. Finally, my husband presented me with a sackful of 50¢ hens. To everyone's delight this was only the beginning. . . .

"I now have chicken-shaped potholders, cereal bowls, a bronze reproduction, chicken paintings, a chicken doorstop, a chicken shaped wire egg basket, chicken-cloth clothes, a chicken cup and a fragile glass chicken with tiny, visible eggs inside. I assure you there are more. We once had one hundred day-old chicks in our basement. Such bliss. And then there are the three chicks I got because their predator, an anaconda, was shedding and had no appetite for them. Those three lived in our house for a long time until they became ill-tempered roosters. One is known in three counties and the *mellow* one attacked me yesterday. Any day I can look out my window and see the flock pecking, strutting and chasing around the yard. They have formed quite a tight crew.

"I thoroughly enjoy introducing my friends to my latest aquisitions. In a way, I think they enjoy my collection, too. They find my birthday's a great time to indulge me and my desires."

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Richard—*My Stamps*

"The neat thing about hobbies is that you don't have to justify them to anyone. My hobbies are all mine. No one can tell me how to do them, what's wrong with them, how I can do them better or anything else. My hobbies are mine. I like them the way they are.

"For example, I've been collecting stamps since I got sick once when I was five. I used to glue them into the book and then realized I couldn't move 'em around. After licking some hinges so much they of course didn't stick, I used scotch tape. It was a few years later that I found out that drier hinges really did work and that scotch tape wrecked the stamps.

"Oh, but the thrill of getting new stamps, occasionally finding some left in library books or laying around. My friends go crazy when I hunt through their mail (only the envelopes of course) looking for foreign ones — I've even got a few of them trained to save stamps for me. Why do I do it? Because I like to stick those little art pictures onto pages to fill up pages, to look through them, to say they're mine, only mine. It's my collection and I'm proud of it.

"When I was younger, I had an album with neat maps in the front which I used to trace and color in like maps of war. Countries would expand and fall. Borders would be over run by my swift mind and pencil. Definitely a wonderful fringe benefit of collecting. Why I knew more about countries I'd never been to than any other kid my age. I could name all the countries of the world, say many of them in foreign languages and knew what their leaders looked like.

"Lately I've grown more specialized, and finicky about the condition of the stamps I collect — but don't interrupt me when I'm sitting and playing with my collection. It's my world and you're welcome to it by invitation only."

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A Collection of Collectors and Their Collections

David: "I'm attracted to **African masks** because they are extremely expressive of their cultures . . . no one I know could have created them. To me the masks are a living presence in my room. They are talking to me and giving me messages, whether I can understand them or not."

Kiki, Alex and Kathy: "Our family likes to collect **postcards** for a variety of reasons: some of us get excited by the cards our friends send from their travels and then we can daydream about far away places; the antique cards our grandma gives us or we find in antique stores are beautiful with ribbons and such on them; and the liberation postcards are supportive of our concept of humanity."

Brent: "Ever since I was little I have been fascinated by colored glass and **marbles**. When I was younger I used to play marbles and then when I 'grew up' I started collecting them. I have clay, china, agates and some of the first machine-made marbles. Several thousand are not enough — I want every marble in the world!"

Susan: "I have always compulsively accumulated **catalogs**. Catalogs are a collection in themselves in addition to being necessary for my many other collections to multiply. Need to know how to find rare books, hand-made leather shoes, camping gear, kitchen utensils, fruit trees, feminist comics or overland expeditions? Come on over, and we'll thumb through the stacks together 'til we find what you're looking for!"

CS: "My new obsession is **miniatures**. So far, I've managed to fill up an old wooden pop crate, painted orange, with teeny tiny critters, discarded child size cookie cutters, teacups, grinder and plates from doll houses. Within this menagerie is yet another collection of miniature Delft blue dishes. My latest acquisition for this hoard is an old box which was used to store print type. It has all different size teeny compartments — oh what fun I'll have with that!"

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Kathy: "I am devoted to the **buffalo** (more correctly known as the American bison). These noble mammals attract me so much that I have located buffalo herds so that I can vacation close to them. I have photographs of buffalo, a painting by my husband of a herd we saw in South Dakota Badlands, three Santa Clara Indian pottery buffalo, piles of books, an etched glass mug and much more. My love of this animal has resulted in many hours of excitement, beauty, adventure and explanations to my friends."

Resources and Readings

Collections don't have to be owned to be enjoyed. It is almost as pleasurable to add to a friend's collection as building your own. It's satisfying to hunt for old tools for your spouse, beer cans for a neighbor, and old coins for a friend. It is inspiring to view museum collections, for they house many of the most exhaustive, obscure and fascinating displays in existence.

- **Museums** — visit one to admire other people's collections and to get ideas for yours.
- **Bookstores and libraries** — look in the "Hobbies" section for collectors books on antiques, coins, bottles, plates, seashells, gems, Indian artifacts, stamps, records, toys, books, etc.
- **Places to acquire** — check out attics, junk stores, used items and resale shops, antique stores and shows, garage and yard sales, hobby shows.
- **Catalogues** — to either add to your catalog collection or to aid in your own particular collection:

  S. Brand, Ed., *The Next Whole Earth Catalog. Access to Tools* (Random House, paperback, $14.00)

  Editors of World Almanac, *Book of Buffs, Masters, Mavens and Uncommon Experts* (A compendium of fascinating hobbies and unusual leisure-time activities, plus all the practical information you will need to join the fun) (World Almanac Publications, paperback, $6.95)

  L. Grow, *Old House Catalog* ("3,000 Completely New and Useful Products, Services and Suppliers for Restoring, Decorating and Furnishing the Period House — From Early American to 1930's Modern") (Warner Books, $9.95)

- **Facts and interesting tidbits** — encyclopedias are great source of facts for fun. Try one of the many *Ripley's Believe-It-Or-Not* books, or the *Guiness Book of World Records* (Bantam Books, paperback, $2.95), or E. Partnow, *The Quotable Woman. An Encyclopedia of Useful Quotations* (Doubleday/Anchor Books, $8.95)

Figuring Out What To Do Next

This activity can be done individually or as a family exercise.

1. Get a large sheet of paper (or attach several sheets together) and something to write with.
2. Make a list of things you think are the most enjoyable things to do (include activities you've never done before but would like to try).
3. Next to each activity write down the last time you did it (or that you haven't tried it) and how much time it took to get ready to do it.
4. Next to that write down how much each activity costs (include equipment you'd need to buy if you don't already own it), how much time the activity takes, whether you can do it alone or with others, and if it feels risky to do it.
5. Finally, go over the list and if there are any activities you haven't tried recently or have never tried put down why not (i.e., cost, fear, no time, etc.).

Now, take a while and look over this list and add anything you may have left out. Go ahead and make changes. The final step is the most important; figuring out what all this tells you. Look at the list again and ask yourself these questions:

- ★ Am I doing the things I want to do in my life?
- ★ If not, what's in the way and how can I change it?
- ★ What's missing? Fun? Risk? Things I can do by myself (or with others)? Creativity?
- ★ Do I need to be planning and/or saving more?
- ★ Am I doing too much, but not enough of the things I really enjoy?

Don't be afraid of what you find out. This information can help you think more clearly about what it is that's missing in your life and how to put it back in.

The final step is up to you — go ahead and do what you need to do — and go ahead and enjoy yourself.

Doing Something Silly

Ever feel like life is a drag — all work, no laughter, deadly serious? Do something silly — so silly it'll make you laugh just thinking about it — like wearing a fake nose or mustache, or putting on an outrageous piece of clothing, drawing with your toes, or making up words to songs.

If you prefer to be more organized about it, put up a graffiti board at home or at work (a few pieces of paper taped to a bathroom wall will do) for comments or suggestive questions such as "Whatever happened to . . . ?" or "Did you know that . . . ?" Let everyone anonymously write in their own. Make sure a pencil is available nearby.

Or why not act out some skit or opera from *Mad Magazine*?

Some people do not appreciate silliness — but many do.

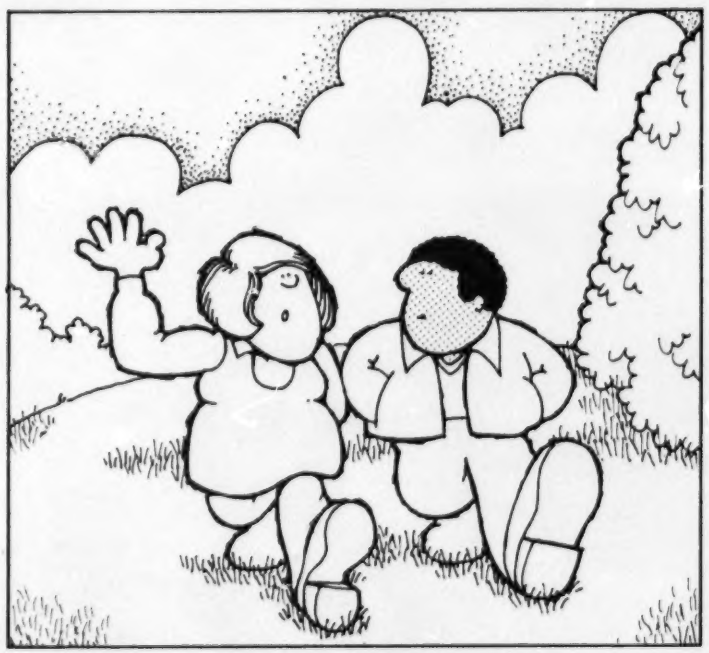
Another Way To Start the Day or To End a Gloomy Conversation

Start focusing on things that make you feel good.

For example: if everything seems like **doom and gloom**, take a few minutes to write down or talk about some things that you're looking forward to, however small and unimportant they seem. This can be a good way to get you or someone else to stop complaining about life and to start focusing on something more positive.

Or, what about thinking about pleasant memories — someone or something that made you feel good, a favorite smell or food, something you were proud of, something someone else did for you so that you knew they appreciated you?

There is nothing wrong with taking a few moments to make yourself feel good.



Angry or Frustrated?

Think for a moment about what's making you feel that way. What can be done about it? Why not do something?

If you can't change what happened (and we usually can't), at least find an outlet for your anger. Find a quiet place (and someone to listen, if possible), and go there and say what you wished you had said, or pretend you did what you really wanted to. Pound a pillow (it won't hurt) or even scream. Or maybe you just need to take a brisk walk or do something physical (lift weights, housecleaning, run, knead dough). Just do something; don't save it for another day!

Take time to work,
It is the price of success.
Take time to think,
It is the source of power.
Take time to play,
It is the secret of perpetual youth.
Take time to read,
It is the foundation of wisdom.
Take time to love and be loved,
It is the privilege of the gods.
Take time to share,
Life is too short to be selfish
Take time to laugh,

Laughter is the music of the soul.

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